



Spectrum

Spring-Summer 1998

\$1.95

Vol. 12, No.1

**Are You Getting Enough
Herbs, Vitamins, and Bagels?**

Hockey Rolls its Way into the Area

Your Toys Could Be Worth a Fortune

FERRIS WHI

INDEPENDENCE AUTO GROUP

FORD - HONDA - TOYOTA



Area's Largest Ford Car & Truck Dealer

Largest Selection Of Pre-Owned Cars, Trucks & Vans

Full Autobody & Collision Repair

Certified Service Department

Authorized Motor Sport Dealer



Family ties.



All families share certain qualities that bond them together. And the Honda family is no exception. Every Honda shares the reputation of reliability, quality craftsmanship and value. Not to mention great looks.

You'll spot the Honda characteristics in an instant. In every model, from the versatile Odyssey to the fun del Sol. The practical Civic to the sexy Prelude. The luxurious Accord to the rugged Passport. Just come in for a test-drive. And see for yourself why so many people are proud to join the Honda family.



Huge Inventory Of New & Pre-Owned Toyotas To Choose From

Large In-Stock Inventory Of Genuine Toyota Parts

Saturday Service Hours Available: 8:30 A.M. To Noon

CAR CARE COUPON

PA STATE ONLY
INSPECTION \$9.99
(Pass or Fail) Reg. \$18.00

INDEPENDENCE TOYOTA

AN INDEPENDENCE DEAL DOES MAKE A DIFFERENCE



SALES & SERVICE/PHONE 784-1414
3101 NEW BERWICK HWY., BLOOMSBURG, PA

784-1414
1-800-924-1214
Showroom Hours:
Monday-Friday.....8 a.m. to 8 p.m.
Saturday.....9 a.m. to 3 p.m.



Rt. 11 Bloom-Berwick Hwy.
Bloomsburg

387-5050
1-800-310-6062
Sales Hours:
Monday-Friday.....8 a.m. to 8 p.m.
Saturday.....9 a.m. to 3 p.m.



Rt. 11
4 Miles North Of Berwick

POWER PLANT

RT. 11
Berwick Formerly Kishbaugh Toyota Shickshinny
752-6794
1-800-689-9833
Sales Hours:
Monday-Friday.....8:30 a.m. to 8 p.m.
Saturday.....8:30 a.m. to 3 p.m.

Behind the Lines

In the past, authors from *Spectrum* have gone to Sarajevo, Moscow, and other world cities to bring exciting features to our readers in Columbia and Montour counties.

This year, we are proud to bring you an article with information and pictures from London. Here, we present a nostalgic look at toys collected from past generations.

From the Caribbean, sit back and relax as we take you to an exotic paradise with our back-of-the-book

special on tropical drinks.

Most of the staff, however, stayed close to home and examined issues concerning your health. In two of our features, we spoke with professionals concerning the medicinal use of herbs and the benefits and hazards of vitamin supplementation.

As always, the staff of *Spectrum* is honored to serve this community, and we hope you enjoy this Spring issue. Please write to us if you have comments, questions, or suggestions.

-THE EDITORS

Spectrum Magazine

Vol. 12, No. 1

Spring/Summer 1998

Editor-in-Chief

Walter M. Brasch

Executive Editor

Heather Williams

Managing Editor

Lenore Olsen

Associate Editors

Karson Kiesinger

Karyn M. Gandenberger

Assistant Editors

Chris Beck

Eric Talarico

Art Director

Stephanie Kreamer

Promotion Directors

Jodie Daubert

Kristina Kett

Circulation Directors

Jennifer Neumar

Belinda Price

Bookkeeper

Carissa Foley

Advertising Sales

Christine Poudrette

Production Consultant

Dick Shaffer

Hall of Fame Magazine Associated Collegiate Press

Contacting Spectrum

Editorial and Business:

Bakeless Center 106

Bloomsburg University

Bloomsburg, Pa. 17815

Phone: (717) 389-4825

Fax: (717) 389-2607

Spectrum is published twice a year by the Program in Journalism, Bloomsburg University of Pennsylvania. No portion of *Spectrum* may be reprinted, including advertising, without permission of *Spectrum*. Copyright 1998 *Spectrum Magazine*. ISSN 0892-9459

1st place, Society of Professional Journalists
1st place, American Scholastic Press Association
Gold Medalist, Columbia Scholastic Press Association

Celebrity Artist Series

Announcing the 1998-99 Series!



Saturday, September 19

Yesterday A tribute to the Beatles



Saturday, October 24

To Be Announced



Sunday, November 22

Emanuel Ax



Wednesday, February 3

London City Opera *Die Fledermaus*



Saturday, February 13

Big Band '99 *The Fabulous Dorsey's*



Friday, March 26

Russian National Ballet *Swan Lake*



Save 30% off regular ticket prices by subscribing to all 1998-99 Series events.

For ticket information please call the Box Office at

(717) 389-4409

Box Office hours: Mon - Fri Noon - 4:00pm

**Bloomsburg
University**

Contents

Vol.12 No.1 Spring/Summer 1998

6	Toy Collecting by Karyn Gandenberger		
11	An Ear-y Stretch by Heather Williams	28	99 Percenters by Vicki Harrison
14	Hockey: Hold the Ice by Chris Beck	30	Bagels on the Rise by Eric Talarico
18	A Growing Concern by Karson Kiesinger	33	A Taste of the Tropics by Heather Williams
24	Vitamin Supplementation by Lenore Olsen	34	Virtual Sedative by Karson Kiesinger

*Cover Design by
Stephanie Kreamer*



MAGEE'S MAIN STREET INN

BED & BREAKFAST

BED & BREAKFAST

Air Conditioning
Cable TV

Harry's Grille Restaurant & Lounge
"Closest Facility to Bloomsburg University"

20 W. Main Street, Bloomsburg • All Major Credit Cards Accepted

784-3200

Your address for the finest food in a casual setting!!

Open daily serving the finest sandwiches, salads,
appetizers, pastas, and complete dinners

In Magee's Main Street Inn

All Major Credit Cards Accepted • For Information or Reservations

784-3500




**BLOOMSBURG
Theatre
ENSEMBLE**

Join the Celebration!
Your professional regional theatre since 1978

20th
Season

Live, Professional Theatre

Whispering to Horses
by Jo Carson • directed by Gerard Stropnicki
June 12-27
Thursday at 7:00, Friday at 8:00,
Saturday at 8:00, Sunday at 3:00
Reduced-price Sneak Previews
June 10 & 11 at 7:00
**Never ruin a good story
by sticking to the facts.**
That's Pat's philosophy in this latest play by the author of BTE's 1991 production, Daytrips. Carson revisits two characters from that play in this tale of one woman's reconciliation with her World War II veteran father. In a play that asks the question, "Can you tame a wild horse by whispering to it?" Carson exposes the comical and sometimes not-so-honest way that we all tell our own stories. A touching "memory play" about family, love and acceptance.



June 12-27

Directed by
Gerard Stropnicki

And don't miss BTE's Annual
Summer Family Production
July 30-August 16, 1998

**THE PHANTOM
TOLLBOOTH**

based on the book by Norman Juster
The story of young Milo, bored with his toys, who discovers a tollbooth in his bedroom. He passes through to adventures in lands full of curious people like Azaz the Unabridged, Prince Rhyme and Princess Reason and the Humbug. Fun for all ages!

Tickets on sale now!

at the Alvina Krause Theatre • Center St., Bloomsburg, PA 17815 • Call for tickets: 784-8181 or toll free: 1-800-282-0283



1940s Hubley Bi-Plane with struts

TOY STORIES

1940 Buddy L Tow Truck



Story and photos by Karyn M. Gandenberger

The small converted building located on London's east side once housed the print shop of Benjamin Pollock, a renowned maker of three dimensional toy theaters in the late 19th and early 20th centuries. Pollock had learned the trade from his father-in-law John Redington, who had copied the technique from the inventor of the Toy Theater. Although severely damaged by World War II bombs, the little shop survived subsequent demolition and continued to print the colorful cardboard scenes and characters of the small theaters.

Pollock's family still prints and packs the bulky kits, shipping them all over the world for collectors and novices to painstakingly cut out and put

together. The base of the theater is made of wood and the sides are heavy lithographed cardboard. The various pieces of backdrops and scenery are put into place by sections, each hanging from its own wooden dowel and hung in staggered widths. This allows the puppeteer the freedom to change sections of the scenery, giving a three-dimensional effect as the puppets are "guided" through the set.

Mr. Pollock's love of toys was not limited to building elaborate stage sets; he collected a variety of toys in every category and from every continent and opened his museum in 1956.

The toys are displayed in glass cases located in various rooms throughout the building and all along the circular, winding, and narrow hallways. Visitors to the museum find the rooms nearly intact

from the Victorian era. Cast iron fireplaces in every room add charisma and charm to the displays of toys, setting another three dimensional stage for stimulating the imagination. The dis-

plays carry specific themes such as folk-art from America, which include "Gollywogs," dating from 1895 to the present day.

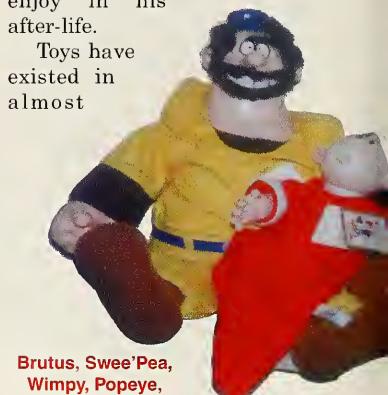
Other displays include toy soldiers made by William Britain at the turn of the century. These miniature brigadiers kept mischievous little boys occupied for hours. Dollhouses, some with elaborate furnishings, others with simple items made from matchboxes and spindles of thread, challenged the imagination of their young owners.

Encased in glass, an ancient clay toy mouse discovered in a child's tomb in Egypt, had been buried with other treasures belonging to the young owner for him to enjoy in his after-life.

Toys have existed in almost



1939 "Let the Drummer Boy Play" by Marx



Brutus, Swee'Pea, Wimpy, Popeye, and Olive Oyl

every culture and era since the beginning of civilization. Single-movement string-worked toys have been found in the Indus Valley Region of South Asia. Egyptian tombs contained board games, dolls, and rattles estimated to be over 5,000 years old. Toy Roman banks were discovered in the ruins of Pompeii, along with toy horses and chariots mounted on wheeled platforms known today as pull-toys.

These toys were simple and few, notably scarce after the fall of the Roman Empire. It wasn't until the 1700s when Germany, with Nuremberg and Sonnen-berg as major toy centers, began manufacturing wooden and tin toys as an offshoot of local craft guilds.

Seventeenth century colonial Americans didn't have many toys because the Puritans condemned both adult and child play as a sinful and idle pursuit. Philosophers John Locke and Frederick Froebel were instrumental in helping release the moralist hold by

encouraging the development of a child's intelligence through the liberalization of play. Even so, only the affluent had the time and money to spend on their children, and the toys during the Victorian era were referred to as "rich boy's pretties."

Exhibitions of folk art and toys at The Whitney Studio Club of New York in 1924 started a new trend, and by the late 1920s major exhibitions were staged by the Museum of Modern Art and the Newark Museum.

Collecting societies materialized in the 1960s, including The Antique Toy Collectors of America, the American Train Collectors Association and the Mechanical Bank Collectors of America. Since then, toy collecting has developed into a phenomenal market, and has been called the hottest collecting field of the 1990s.

Although the collecting community grows daily and the value of toys are in the hundreds of dollars, this hobby is young enough to allow new collectors to get in at the "ground floor." In a few years, toy values will have increased so dramatically that new collectors will have to have a small fortune for toys that are available today at flea market prices.

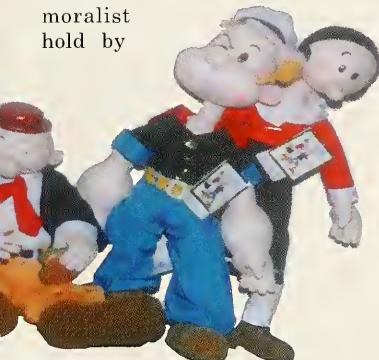
Bob Knorr's passion for collecting antique toys was well known around his Bloomsburg office, so it was only natural for a co-worker to think of him when cleaning her attic. She uncovered a box of old toys that had been given to her years before, and knew Knorr would be interested. Asking \$300 for the lot, Knorr glanced quickly through

the box and agreed. Although toy collecting was a relatively new hobby for him, he knew the toys were in excellent shape. The items in the box included rare clockwork action toys and several cast-iron banks, both highly sought by collectors. Today, the value of these items (if sold) at auction could conceivably bring a five-figure bid.

Lithograph tin toys remain Knorr's favorite toy category. "I like to display my toys, not keep them packed away in the attic," he says, noting that "tin lithographs make beautiful displays and great conversation pieces."

Included in his collection are toys made by Marx, Lehmann,

1928 "Harold Lloyd Funny Face" by Marx



Unique Art, Bing, and Strauss Manufacturing. The names given these toys are almost as creative as the clockwork action toys themselves — “Let the Drummer Boy Play While You Swing and Sway” by Marx and “Lil’ Abner and his Dog Patch Band” by Unique Art.

Knorr has had other lucky encounters while pursuing his hobby, earning enough of a profit to justify other toy purchases. “I was at the flea market in Lewisburg,” Knorr explains, “and there was a guy selling mint toys still in the box from the ‘50s and ‘60s. I asked him where he got them, and he told me he bought an entire inventory from a drug store going out of business. I asked how much he wanted for his entire collection of toys, and he gave me a figure. I bought them and resold them within two weeks for more than twice my original investment.”

Although not actively collecting, Knorr has learned from past experiences the “do’s and don’ts” of toy collecting. “I would advise any toy collector to look for quality instead of quantity for their collection,” claiming that, “after finding a rare toy in mint condition, with the box, you will never settle for anything less for your collection.”

The old saying “One man’s junk is another man’s treasure” certainly holds true at a flea market. Although some dealers are well informed about the value of their items, many people set up shop to get rid of their

“Be sure to buy the first of any series, they will always increase in value.”

“junk.” At a recent Lloyd Ralston Toys auction, a 1900s toy clock-work airplane, styled like those designed by Orville and Wilbur Wright, brought aviation toys to new heights when it sold for \$26,000. This toy was found at a New Jersey flea market. Price? \$25.

In New England, a young couple cleaning the basement of the old Cape Cod home they had just purchased came across a bisque doll lying on the floor. A toy dealer identified it as a 1910 Kammer & Reinhardt. The 23-inch doll was sold for \$14,300 at a Massachusetts auction, purchased for the value of the head alone.

Barbie Dolls, introduced in 1959 at the American International Toy Fair in New York City, have become one of the most collectable dolls on the market today.

The first “ponytail Barbie” dolls were blonde and are valued at over \$5,000 today. The second version came with brunette hair and is valued at over \$7,000.

Today, hundreds of variations of the doll are available at toy stores for less than \$20. Some collectors find the “limited edition” series irresistible and pay up to \$1,000 or more for Barbie Dolls clad in designer fashions complete with real diamond tiaras and earrings.

Shirley Adams, Danville, collects dolls and recently purchased a #2 Barbie at auction for \$100. “The auctioneer said it was a #3 Barbie edition, but for the price I paid it was still a bargain. When I got home and looked it up, I found it was a #2 Barbie.” This doll is

valued today, without the box or accessories, at \$2,600 (mint in box would be \$3,400-\$3,800).

35th Anniversary Barbie



“There was only one other bidder; the others just weren’t interested,” says Adams.

For new Barbie collectors, Adams suggests buying a series. “Be sure to buy the first of any series, they will always increase in value.” In 1988 she paid \$37 for the #1 Christmas Holiday Barbie; today it’s worth \$800.

She also stresses never to open the box, not even just to look at the doll. If buying from a catalog, look for ‘NRFB’, which means Never Removed From Box, these are among the most valuable.

Shirley’s first purchase was about twenty-four years ago when she ran into a woman at a flea market who was interested in selling her three bisque dolls. “They were in awful condition, and back then \$100 was a lot of money, but I bought them and took them home.” Shirley bought a book on doll repair and started working on the trio, fixing the composition body and cleaning the original clothing they wore.

This was the beginning of Shirley’s doll repair hobby, which grew into a part-time job includ-

ing giving lectures and offering advice to auctioneers and museums. Repairing bisque and composition dolls requires the use of an airbrush, which Shirley has taught herself. "I've used it on everything from Roseville pottery to composition and bisque dolls. It's just something you have to practice at, and for the bisque to look right you really need to use an airbrush."

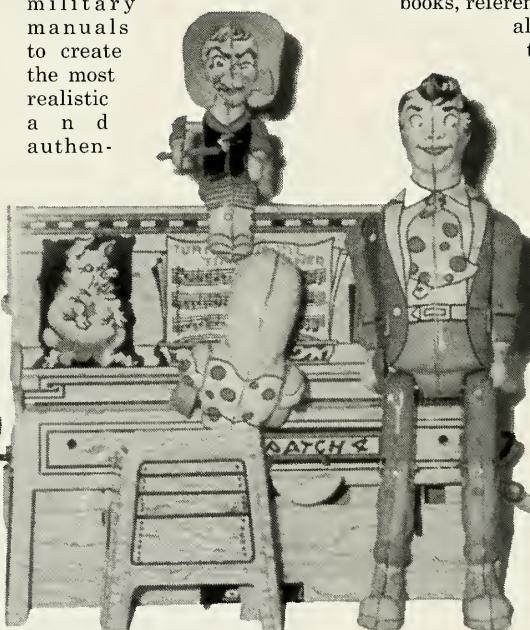
Today, those three bisque dolls are worth \$500 - \$600 each. "The lady told me I would never regret it, and I haven't!"

Dolls for girls aren't the only highly collectible dolls in this category, the rugged, indestructible fighting G.I. JOE shares collectors' interest and comparable values. This first "Action Figure" on the market was created by Don Levine, director of development for Hasbro. Levine discarded the original suggestion of modeling the toy after the popular television series, "The Lieutenant." His idea of a boy's soldier with moving parts came to him while looking at a mannequin in a store window.

G.I. JOE underwent several changes during its 11-year life span. The first dolls' outfits were based on World War II uniforms, and Joe had painted hair. In 1965, Hasbro added foreigners to the series which are among the most valuable. In 1967, the "Vietnam series" outfits were pulled off the shelf very quickly because of the negative response to the Vietnam War. These uniforms (green and

tan airborne M.P., Air Security set, and Marine Jungle Fighter) are the most sought after and rarest. This was the year that also produced the extremely scarce nurse doll, valued at over \$1,000.

In 1969 Hasbro dropped the military line and substituted the "adventurer series." Most collectors tend to concentrate on the 1964-1969 dolls, which Hasbro designed after consulting military manuals to create the most realistic and authentic.



1945 "Li'l Abner Abner and his Dogpatch Band" by Unique Art

tic boys' doll made.

The following is a list of guidelines established and recommended by seasoned and serious collectors. These hints help to make toy-collecting a fun and inexpensive hobby for beginners.

1. Toy collectors tend to gravitate to a familiar category they can pinpoint in time. Sometimes it's an extension of one's profession or trade, such as farm or construction toys. It's important to

select something you like rather than what others may be collecting or what happens to be "hot" at the time. Pre and post-war tin wind-ups, trains, vehicles, games, dolls, marbles, and action figures are just a few categories. Some collectors narrow the category even further and look for brand name items, such as Tootsie-Toy vehicles, Match-Box, or Kenner Star Wars items.

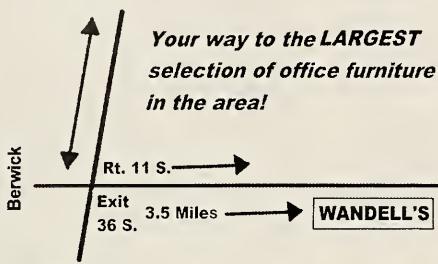
2. Become familiar with your category. Purchase as many toy books, reference guides, trade catalogs, and photographs as possible. Consult these references frequently. Know the trademarks, patent numbers, and re-production alerts.

3. Know the direction you want your collection to take. Set limits on what you are willing to spend. Avoid real "buys"—toys that are missing a driver, an arm, or a wheel. Also, avoid rusted out toys or toys that are without paint.

4. Get acquainted with the rating scale. This determines the value and depreciation of toys.

Choosing the field or category is the first step in beginning your own collection. Locally, Hess toy trucks are highly favored and priced affordably, ranging between \$12 and \$15. Their value nearly triples within a year, making them profitable collector's items.

The most important step to remember when collecting toys is . . . to have fun! **S**



**NEW
&
USED**



On Line Catalog
www.wandells.com

Phone: 717-784-3051 Fax: 717-784-1939

1-800-371-FILE (3453)

HON MILLER LA-Z-BOY STYLEX RIVERSIDE GLOBAL GLOBE SAUER BUSH HALE

NEW <> USED <> REFURBISHED

OFFICE LAYOUT & DESIGN

WE DELIVER & SET UP

DESKS <> CHAIRS <> FILES

**PANEL SYSTEMS <> SAFES <> BOOKCASES
MODULAR FURNITURE <> FIRE FILES**

REFLECTIONS

PAST • PRESENT • FUTURE



William H. Selden, Jr.
Class of 1943

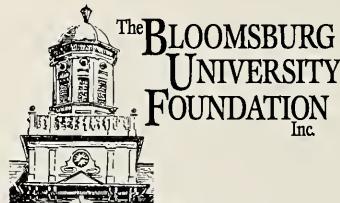


Doris Keller Hosler
Class of 1948

These alumni are securing the future of Bloomsburg University by remembering their alma mater with a portion of their earthly treasures. By acting today, these individuals will help tomorrow's students fulfill educational dreams and build memories for a lifetime.

If you have made, or are considering, a commitment to help secure the future of Bloomsburg University, we'd like to hear from you. A number of alumni and friends who have already identified themselves as having included Bloomsburg University in their future plans are now members of the university's Legacy Society.

For more information on how you can support Bloomsburg University with your will, charitable trust, annuity, or insurance policy – and be counted as a member of the Legacy Society – contact:



Development Center, Bloomsburg University
400 East Second Street, Bloomsburg, PA 17815
Telephone: (717) 389-4128
FAX (717) 389-4945
On the Web at
<http://www.bloomu.edu/alumni/pages/welcome.html>

An Ear-y Stretcher

Body Modification

Punctures Mainstream America

by Heather Williams

Pushing an earring stud through a hole that may have closed slightly is enough to make anyone cringe. Pushing a solid earring the size of a highlighter marker through an earring hole is unthinkable, and it's also the latest trend in body piercing.

Both sexes disregard the thought of pain to sport outrageous ornaments, including one-inch Masterlock padlocks through their ears. Yes, the same heavy piece of steel commonly used to protect your belongings in a fitness club locker room is now replacing delicate 14-karat gold Monet hoops.

This trend requires enlarging earring holes in order to insert anything from plastic plugs and stainless steel eyelets to straws and Blistex tubes.

But this latest "unique" trend is nothing new. African, Asian and Central American tribes have used earlobe stretching and elongating as a rite of passage for centuries, says

Deann Cooper, 27, a performance artist and employee at Inferno, a clothing, jewelry, and body piercing shop in Philadelphia.

The tribes, particularly in the African culture, modify their bodies as means of emulating their environment—the animals and nature, says Cooper. Stretching usually begins about age 13 and is a gradual, lifetime process, enlarging the earlobe each year.

In some ways, we are emulating our environment because we are stretching our ears at a faster pace. It's no surprise that within the past year, earlobe

stretching has gained popularity in the big cities.

"And now it's beginning to catch on here", says Jason Haney, owner of Fine Line Tattoo Shop, Bloomsburg, who says he has stretched about 30 local patrons' ears.

Stretching the earlobe is not uncommon anymore, says David Delaney, 21, who attends the University of the Arts in Philadelphia.

In other populated areas, such as Ocean City, N.J., "Many people have it done," says Michael McManus, 22, employee at 7th Street Surf Shop. "Kids as young as 11 and 12 run around wearing plugs in their ears." The shop continually sells out of the body jewelry it carries, including the plastic plugs worn in stretched earlobes, McManus says.

But why would anyone want to endure what is presumed to be a painful and irreparable process of stretching their earring holes?

Cooper compares her body to a vehicle, "The same way someone wants to put a custom paint job on their car to enhance it, I want to be comfortable with the way my body looks." Cooper's earlobes are stretched to 1-1/8 inch diameter.

"It's all a matter of personal preference," says Haney. "Some people get tattoos,



some people pierce their navel, and some people stretch their ears."

If done properly, the procedure requires no more pain than getting your ear pierced or receiving a tetanus shot.

If the original stretching does not exceed a half an inch in diameter, the hole will shrink significantly when the plug is removed. "Your skin is naturally resilient," says Haney, "so the hole will eventually close up."

In addition, simple cosmetic surgery can be performed to stitch a stretched hole. If stitched properly, there is no visible scar tissue, and it is even possible to re-pierce a normal earring hole in a different location on the ear, says Dr. Scott Sackman, who specializes in ear, nose, throat, and facial plastic surgery. Sackman says he stitches torn earring holes at least a couple of times a month, but has not had a request to stitch a stretched hole yet.

Earlobe stretching involves stretching a standard earring hole with tapered piercing needles of increasing width and inserting plastic plugs of similarly increasing size. The sizes are gauged in increments of two, and range from a 20-gauge, slightly larger than a standard earring stud, to a double zero, a half an inch in diameter.

Typically, people begin with anywhere from a 20-gauge to an 8-gauge, depending upon whether or not their earring holes have already been stretched by wearing excessively heavy earrings or

constant tugging on the ears. A minimum of two weeks is given between each gauge increment. If gauges are skipped and the ear is stretched too quickly, the result is often tearing and bleeding. Those who are interested should go to a trained professional in body piercing. Although there is no license to stretch ears, there are formal training sessions and seminars, says Haney.

"The only health risk is the possibility of infection, which would result from a lack of sterile equipment," says Sackman.

Some advocates of earlobe stretching question the "don't try this at home" warning. After all, they say, tribes in Africa and South America have been stretching their earlobes to their shoulders for years without the approval of the Board of Health and Sanitation.

"I didn't go to someone, I did it myself with two millimeter speaker wire," says Eric Woodrow, 23, who stretched his earlobes to 5/8 inch to wear Masterlock padlocks.

Cooper says she doesn't see a problem with performing this process without outside help, but it depends on the person's state of mind and whether or not he or she is responsible.

"Clearly, there are people you would not advise to be doing anything to their bodies," says Cooper, "but personally, I know my body best."

By using surgical tape, which is wrapped around the plug or eyelet to gradually enlarge the

existing hole, people can stretch the earlobe at their own pace.

Cooper says she uses yarn to gradually stretch her ears, a method also used by African tribes.

Kenyan tribes gradually widen an initial earring hole by inserting wooden plugs of increasing size. In the Kurya tribe, both sexes elongate their earlobes, from which they hang a variety of large ornaments made of metal, wood, beads and ivory. Women stretch their earlobes to a diameter of four inches, while the men stretch the skin so far that it is possible to carry an eight-inch diameter solid wooden block. Various incisions and ornamentation is used to distinguish between factors such as age and social rank.

Charles Dhuita Leah, 22, a native of Nyeri, Kenya, and currently a junior at Bloomsburg University, says elongating the earlobes is a sign of beauty. The tradition is used as part of an initiation to adulthood, says Leah.

"My grandmother, who is 70 years old, has her ears stretched so far she could probably fit a [television] remote control through her ear," says Leah. "She is considered beautiful."

Now, American culture is mimicking tribal practices, beginning to accept this type of ornamentation as physically attractive.

"Personally, I think it's attractive for both men and women," says Haney.

Aimee Baldridge, 20, Plymouth



Warren Sides



Eric

Meeting, currently wears 12-gauge hoops (slightly larger than a standard earring hole) and is planning to stretch her eyebrow ring hole. "I don't think that it is unfeminine at all," says Baldridge.

Shawn Romanick, 19, Bloomsburg, agrees, saying that even though he does not have his ears stretched, he considers it attractive. "I think it's definitely attractive for girls, but up to a point."

So, how far is too far? Cooper's earlobes, stretched to 1-1/8" in diameter, are barely visible. "Most people are astounded at first," she says.

"I have my own ideals and I'm not willing to compromise them to make other people happy," says Cooper. "My parents don't like it, but they know that I'm happy, and that's what is really important."

Jeremy Poreca, 19, Conyngham, stretched his holes two and a half years ago to a double zero gauge for the aesthetic value. "I had it done for the way it looks," he says. "I think this is the way earrings should be. It seems like the natural thing to do."

"It is natural," says Cooper. "It's amazing what the body can do. Through stretching my ears I've learned a lot about my body and that my skin is willing to cooperate."

Warren Sides, 18, says he chose to stretch his ears because he's keen on change and likes to experiment with body piercing

and alter his jewelry frequently. "It's also socially acceptable with the crowd I hang out with."

Traditionally, body piercing has been associated with the small segment of subculture identified by punk rock and dyed hair.

The early punk band, the Sex Pistols, defied conventional boundaries in the late '70s and early '80s, disgusting society by putting safety pins through their ears, and the skin on their arms.

The trend, however, seems to be spreading beyond the punk scene and body piercing shops. Charles Timpko, 23, Mount Carmel, says he was only recently exposed to ear stretching and is considering having it done.

"I find it interesting because it is a great form of personal expression," he says.

For many people, this seems unlike personal expression and more like desperate attention. Piercing has also been accused of constituting an act of teenage angst and self-mutilation, consistent with the accusations surrounding certain types of tattooing and branding.

"I don't doubt that some people do it for shock value, but people tend to make horrible generalizations," says Cooper. "As with anything, you can't say that everyone is doing it for one certain reason."

Sides also disagrees with the accusations, "I care about the way I look; I don't want to do something that would permanently

damage my appearance," he says.

Ironically, the cultural roots of this form of body modification are grounded in the concept of being a part of a tribe, rather than being an individual, says Cooper.

Jen Shaffer, 17, Mifflinville, says that when she stretched her ear holes to a 6-gauge in September it was not for attention or shock value.

"I have a friend who had it done and I wanted to try something new," says Shaffer.

She says her parents don't have a problem with her decision to stretch the holes larger. She plans to keep the plugs in her ears for as long as possible, but considers that she may have to remove them after she finishes college.

"People generally are afraid and don't want to accept anything outside the 'little box' they have created," says Cooper.

Romanick agrees, "Older people especially tend to be resistant to and afraid of change."

Sides, a freshman at Bloomsburg University, also says that he will probably remove his plugs and let his ears close when it comes time for job interviews in four years.

"I wish it was more accepted," says Sides, "because if I could leave them in, I would."

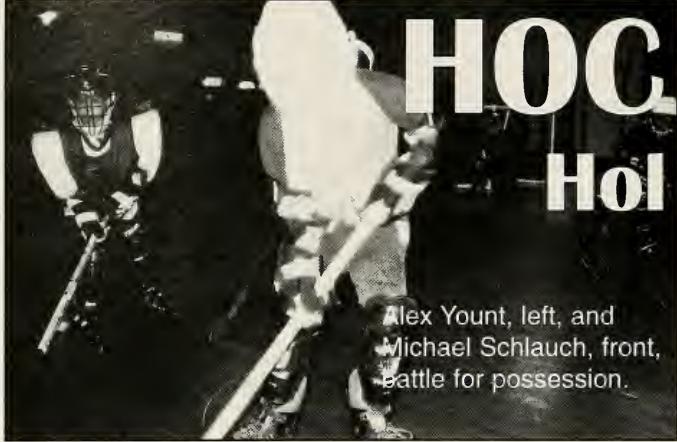
Who knows? Maybe not in four years, but by the time his kids graduate from college, it will be. After all, there was a time when it was considered marginal for women to wear pants. **S**

Heather Williams

photos by Jeremy Al-Mashat
and Karyn M. Ganderberger

Craig Zawistowski

HOCKEY: Hold The Ice



Alex Yount, left, and Michael Schlauch, front, battle for possession.

Americans are trading in their spikes for in-line skates, leaving the grass behind, and heading for the hardwood and asphalt. Grab a stick, and strap your helmet on tight, because roller hockey is now the fastest growing sport in the country.

Roller hockey is ice hockey on roller skates, usually in-line skates. Its popularity has grown significantly during the past few years and has surpassed soccer as the fastest growing sport in the United States, according to the National Sporting Goods Association. It is expected to continue to grow well into the next century.

Roller hockey is patterned after ice hockey. Because ice hockey rinks haven't been available in northeastern Pennsylvania, the sport has never been very popular here. However, for those who don't mind trading ice for hardwood, roller hockey now has a home in our area.

Skatetown, Bloomsburg, has had a roller hockey program about two years. Rapid growth in the program occurred over the past year, beginning when Dave Ferro, 36, Mifflinville, became the new Skatetown Hockey League Supervisor. Ferro, co-owner of the Medicine Shoppe, Bloomsburg, made several changes in the program because, he says, it lacked interest and organization.

"I played high school basketball and a lot of intramural sports," says Ferro. "I never played hockey competitively, but I always kept pretty active."

He held instructional clinics in the summer to attract interest, then organized practices and league play last October. The league now includes 55 children and adults. Forty children make up four teams in the age 5-12 division; 15 teenagers and adults make up two teams in the age 13 and older division.

Roller blading, either at a skating rink or outside, has been popular as a sport and recreational activity, as well as a fun way to keep in shape. Ferro says the prevalence of roller blading in this area has led to the popularity of roller hockey.

"I see kids roller blading a lot more," says Ferro, "and roller hockey is a natural extension of that."

"You see a lot of pick-up games at the Town Park in Bloomsburg and at some of the tennis courts," he says. "I really think roller blading is what has made this type of sport take off. It's a whole new avenue. You don't need ice anymore."

Ed Porter, 11, Lightstreet, roller blades in his spare time and now plays roller hockey. Porter also bowls and plays base-

Rollerblading to the net

Story and photos
by Chris Beck

ball. He says he likes roller hockey just as much as the other two sports he plays.

"It's fast and fun," he says. "I like it because I can skate pretty good."

Girls and women have expressed interest in playing roller hockey, but only one 10-year-old girl is currently involved in the Skatetown Hockey League.

"A few women have called me to get involved in the older



Zachary Ferro, 9, prepares to defend a shot.

league," says Ferro. "The women were in their 20s. So there has been some interest there."

Playing roller hockey requires the use of safety equipment, including helmets; knee and elbow pads; shin, wrist, and mouth guards; and, of course, a pair of in-line skates. The cost of the equipment varies, depending on personal preference. A pair of roller hockey skates may cost \$100-\$400, while all the other equipment combined costs \$300-\$600. The equipment is often similar to or the same as the equipment used in ice hockey. For safety reasons, Ferro uses an orange ball instead of a puck, like most indoor roller hockey leagues.

Another difference between ice hockey and roller hockey is that roller hockey has only four skaters and a goaltender on the floor at the same time, while ice hockey has five skaters and a goaltender. There is just one center line dividing the floor in half and no blue lines between the center line and the goals, eliminating two line passing penalties and icing penalties which slow up ice hockey. This is a major advantage of roller hockey, making it faster and more fun to play and watch, says Ferro.

"With fewer skaters, it's more skating and open play," he says. "It's not as physical as ice hockey, but the players really get to show their skills."

Another thing that makes roller hockey different from ice hockey is that body-checking isn't allowed. A body-check is when a player forcibly uses body contact against another player and sends him violently into the boards. Other than that, most rules that apply to ice hockey apply to roller hockey.

Playing roller hockey requires skill in ball handling, hand-eye coordination, and skating. Ferro believes that skating is the most important skill to master.

Forward and backward skating and stopping are important, he says, noting, "It's a lot different on in-line skates than it is in ice hockey because the stops are

much quicker on the ice because of the way you can cut into the ice."

The growth of soccer as a youth sport has helped the progress of roller hockey, says Ferro. Roller hockey flows much like soccer since each is non-stop action from beginning to end, and the object of each sport is to put a ball into a net.

Brandon Heaps, 10, Bloomsburg, plays both soccer and roller hockey, as well as football. Heaps not only finds the time to play all three sports on organized teams, but also in his spare time. He and his friends "get together and play roller hockey in the back alley," says Heaps.

But Heaps isn't letting the current trend towards playing soccer and roller hockey sway his opinion of his favorite sport. "I still like football the best," he says.

One problem that hampered the growth of ice hockey has been the lack of quality facilities. Roller hockey has a similar problem of finding suitable indoor



Serving all your needs

- INDUSTRIAL
- CONTRACTORS
- HOMEOWNERS

1906 Montour Blvd. (Route 11)
Danville, PA 17821

Phone (717) 275-TOOL (8665)
FAX (717) 275-8824

We Rent Most Everything

LIBERTY

CHEVROLET-CADILLAC

420 CENTRAL ROAD
BLOOMSBURG, PA.

784-2720

We're Easy to Deal With



Dave Ferro is in his first year of hockey instruction.

"I really think roller blading is what has made this type of sport take off."

part of the facility is enclosed with walls, so it works out pretty well."

Roller hockey started in the 1930s and '40s as a way to emulate favorite players from the National Hockey League (NHL). In the late 1970s and early '80s, in-line skates became a training tool for ice hockey players during their off season. For the health conscious, in-line skating was one more way to keep physically fit.

Popularity soared when more

arenas or skating rinks. Ferro says that Skatetown is a relatively ideal facility because its floor is twice as long as it is wide. He would, however, like to see some minor improvements made.

"It would be nice if the floor was enclosed all the way around,

but the kids learn to adjust to that," he says. "The better

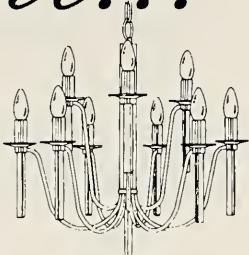
and more people began to see how fun and easy it was to skate on in-lines. Areas of the country that had the desire to play ice hockey but didn't have the facilities for it turned to roller hockey.

At the 1992 Summer Olympic Games in Barcelona, Spain, roller hockey was included as a spectator sport, and the United States had a team in competition. Team USA has also competed in and won the world championship the last three years while posting an undefeated record. Roller hockey is now seen on cable channels ESPN, ESPN-2, and the Fox Sports Network. Men who are 18-32 years old are the target audience of those networks.

In the U.S., professional roller hockey is starting to gain momentum. Roller Hockey International (RHI) has had a professional league since 1993. The league, open to men and women, has 10 teams in two divisions, one with teams from the West coast and one with teams from the East

Elegant...

...to contemporary,
you'll find all your
lighting needs
at the area's finest
lighting showroom.



Bloomsburg Electrical Supply, Inc.
1100 Old Berwick Road
Bloomsburg PA 17815
(717) 784-9488 or (800) 222-9203
Mon., Tues., Wed., Fri. 8-5
Thurs. 8-8:30 Sat. 8-3
Visa and Mastercard Accepted

as your
neighbor
we will

continue
supporting
our
community

*There's more
to being a bank
than loans,
mutual funds
and interest
rates. There's a
responsibility to
the community.*

PNC BANK
Where Performance Counts.

Member FDIC

coast. Tickets for professional roller hockey games, about \$6-\$10, are less than one-fifth the price of the average NHL ice hockey ticket, making roller hockey popular with families. The RHI games were attended by 1.1 million fans in 1996. The Anaheim Bullfrogs led the league in attendance, averaging 10,000 fans a game since 1993.

Steven Chiado, Berwick, had his mother, father, and grandparents at the rink to see him play. Chiado's father, Doug, says he enjoys watching the fast-paced games.

"It's great because you can see the kids improve," says Chiado. "Steven enjoys skating and [roller hockey] is something new." Roller hockey is also a family event for Ferro, who comes to the rink with his wife Lydia, 11-year-old daughter Meredith, and two sons, Zachary, 9, and Christian, 6, who are both involved in the roller hockey program.

Local high schools and colleges are now looking to add roller



Devin Steward, 6, quenches his thirst after a tough game.

hockey to their sports programs. Ferro believes that roller hockey will expand into local high schools in the future.

"In some of the West Coast states, especially California, are high school leagues," he says. "It took the Northeast a little time for soccer to catch on in popularity

because we were so deeply embedded into football. It will take hockey, especially roller hockey, a little bit more time."

With its fast-paced, exciting style and because it can be played almost anywhere, roller hockey's popularity in this area is definitely skating along. **S**



Referee Gosh Grove, left, starts the action for centers, Michael Schlauch and Christian Ferro.



A Garden

text by Karson Kiesling

photos by Stephanie Kreamer

Wining Concern

Fiorinal addiction and imitrex injections were once part of Susan Darcy's daily life.

"Hopelessness is real. What do you do?" she asks. "Where do you go? Is this my life? Do I want this life if this is what it's all about? If the doctors don't know, who does know?"

Six years ago, migraines were Darcy's biggest medical problem. For one and one-half years, she suffered daily. Today, the 33-year-old Bloomsburg resident praises balanced meals, vitamins, and herbs as some of the sources of her good health. Every day she takes several herbs, including evening primrose, ginko baloba, feverfew, and peppermint.

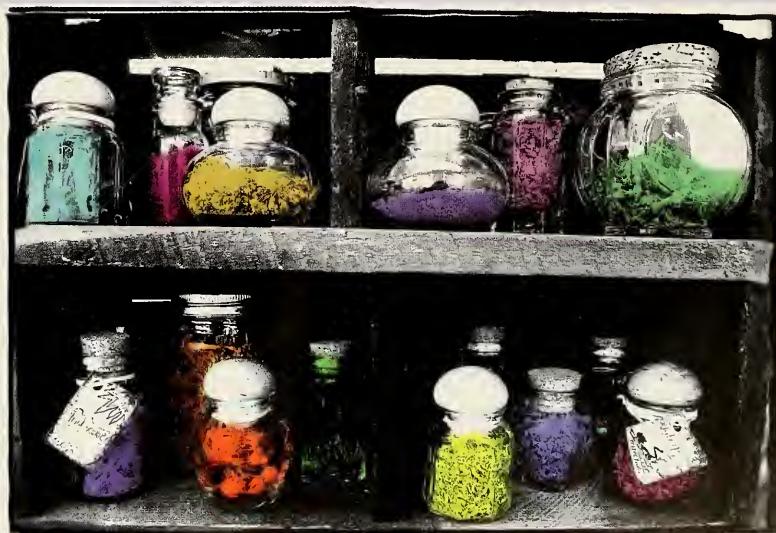
"I have no doubt they [herbs] have improved my health. If you would have seen my condition a few years ago, you would understand," says Darcy.

Cindy Zeisloft, owner of Vital Life

Natural Foods, Bloomsburg, understands why Darcy's routine works. "The body can be stimulated to heal itself instead of hiding symptoms which is what pharmacology does," says Zeisloft.

The medicinal use of herbs is nothing new. Hippocrates, the father of modern medicine, recommended the use of garlic, and Greek athletes chewed it for stamina. Louis Pasteur recognized its antibacterial properties and used garlic poultices to prevent the spread of infection in the wounds of World War I soldiers. Native Americans used echinacea for sore throats and coughs as it's used today. Echinacea was one of America's most commonly prescribed medicines until the 1920s when sulfa drugs became available. The widespread use of penicillin in the 1930s also contributed to the decline of echinacea's popularity.

Herbs are coming back in a big





Susan Darcy checks inventory at As Nature Intended

way. From *Cosmopolitan* to *Prevention*, if it's been published in the last six months, it's got something about herbs.

Of course, the herbal industry doesn't mind. Herbs are the fastest growing segment of dietary supplements. Consumers spent \$3.2 billion on them last year.

"You have to be careful and do research; you just don't start taking them," says Darcy.

Darcy's decision to use herbs wasn't hasty. She sought treatment from four physicians, including family practitioners, specialists, and from the headache unit at Montefiore Medical Center in New York City.

Fainting spells were common for Darcy, but one in a store

prompted her to take a different course of action. She went to see Robert Hoffman M.D., medical director of the Hoffman Center, New York City.

"I went into his office, and I had my guard up. I didn't trust him any more than I did anyone else the first time," says Darcy.

After long sessions with Hoffman including allergy tests and general health questions, Darcy changed her diet and began taking vitamins and herbs as Hoffman advised.

"I noticed an immediate difference," says Darcy. "My energy level went way up. The number of headaches I had decreased, and those I did have were less severe. My mind cleared. I could think, and my mood brightened."

Darcy's story is one of many Elisa Zimmerman, owner of As Nature Intended, Bloomsburg, has heard. "I believe in the use of herbs because I hear stories every day how they help people," says Zimmerman.

Scott Rehrig, head pharmacist at Eckerd pharmacy, Espy, hears many of the same stories. "I talk to people, and they tell me about herbs that are helping them. I personally believe a lot of herbs are effective because of studies I read," says Rehrig.

"I use echinacea with goldenseal preventatively, and it has been working fine. I also take ginseng in a liquid form daily," says Rehrig.

However, herbal success stories don't warrant uneducated use.

Rehrig cautions that herbs have been part of fad trends.

Karen Seiple, clinical dietitian, Bloomsburg Hospital says, "Herbs aren't regulated. This means that when you buy an herbal supplement, there is no organization saying, 'Okay, what this company says is in this pill is in fact in this pill.' You don't know what you are getting."

Zeisloft urges people to purchase herbs from respectable companies with strict regulations over quality control and development of formulations. She also says it's important to follow directions and not self medicate or over medicate.

Dale Brooks, Danielsville, who has Ph.D.s in physical anthropology and archeology and holistic health, grows, dries, grinds, and prescribes her own herbs. As a member of the Seneca tribe, Brooks grew up with herbs. She grows and uses her own herbs not only because she enjoys doing it, but also because she doesn't have a lot of confidence in herbal manufacturers. One of her concerns is standardization.

"Standardization is a problem. You want to look for reputable manufacturers," says Rehrig.

Jill Streichart, marketing coordinator for the Frutarom Meer

Corp., North Burgen, N.J., a standardized extract supplier, says the industry is trying to standardize itself. The corporation puts its products through an analytical process which determines if the proper amount of the active ingredient is included in the product.

Still, for some, the Food and Drug Administration (FDA) is the preferred source of information about herbs.

Herbs are not considered drugs, and therefore do not need the approval of the FDA. Since herbs are not drugs, herbal products can not claim to prevent, mitigate, treat, or cure a specific disease. Only drugs can make such claims. In 1994, Congress passed the Dietary Supplement Health and Education Act (DSHEA). DSHEA includes herbs in the definition of dietary supplements. Final regulations on DSHEA were issued at the end of last year, but questions remain if dietary supplements can be labeled as intended for the treatment of specific conditions.

The question is a common one. "I have seen people who are using garlic lower their cholesterol, but I am not sure if it can be attributed only to the herb because these people were also monitoring their diet and exercising," says Beverly Garden, clinical dietician at Penn State Geisinger Medical Center, Danville.

Stephen Barrett, M.D., board chairman of Quackwatch, Inc., a nonprofit corporation which combats health-related frauds, myths, fads, and fallacies, says "Whether an herb makes sense or not depends on what else might be available. With most conditions, there are a wealth of drugs available to use and their outcomes can be predicted. Herbs are senseless to use."

Darcy disagrees. "I think it's really sad that some people would completely disregard herbs," she says.

Both Seiple and Garden view the medicinal use of herbs with caution.

"I don't recommend the medici-

nal use of herbs, but if people come in and are using them, I don't tell them to stop," says Garden.

Brooks, however, prescribes herbs for prevention and enhancement to health. "I really believe in the use of herbs as an everyday thing and not just herbal teas. Herbs should be incorporated into people's diets for wellness," says Brooks. "People are on a big kick for using herbs for cures right now, but they need to get into the idea of herbs for wellness."

Barrett does not consider herbs useful for general health. He recommends that people eat healthier, exercise, and stop smoking to improve their general health. "The doctors who recommend the use of herbs have terrible clinical judgment," says Barrett.

Darcy sees the possibilities of herbs. "I think there is a place for both traditional medicine and herbs," she says. "Sometimes traditional medicine is absolutely necessary, but this is what was



COLUMBIA AIRCRAFT SERVICES, INC.

F.A.A. APPROVED REPAIR STATION NO. JM2R930K

Bloomsburg Municipal Airport
300 East Fort McClure Boulevard
Bloomsburg, PA 17815-9588
717-784-3070

Lycoming and Continental Distributor

Scott L. Smith, President

THE VISUAL DIFFERENCE

Dr. Betsy J. Hancock, Optometrist
21 East Fifth Street, Bloomsburg

specializing in:

- Children's Eyecare
- Poor Reading Performance
- Headaches, Stroke
- Computer Fatigue
- Vision Therapy
- Quality Frames, Bifocal Contacts
- Special Needs
- Sports Vision
- Contact Lens Replacement Program



**Fisher-Price®
EYEWEAR**



784-2131 • 1-800-974-8576
Insurance Plans Welcome • Medicare & Medical Assistance



put on the Earth for us to use. The more you know about it, the more you are just overwhelmed with how much sense it makes," says Darcy.

Zimmerman explains, "Some doctors think it [the medicinal use of herbs] is a crock. They think it's ridiculous. Some people come in with a page from a prescription pad from their doctor with, 'echinacea at your local health food store' written on it."

Consumers need to be careful

about herbal claims, including those about side effects.

"One problem with herbs is that they are marketed as natural and having no side effects. Any drug potent enough to have an effect is potent enough to cause side effects. You hope the beneficial effects are greater than the side effects for the majority of people," says Barrett.

Zimmerman says, "There are very few side effects associated with herbs. I am not saying that

there aren't any side effects, because herbal remedies are made from plants," says Zimmerman.

Garden says, "The most important thing to know about an herb is if it's harmful. I always recommend that patients tell their doctors if they are taking any herbs because there could be possible reactions with herbs and medications."

Garden sees an increase in the use of herbs locally and thinks it is due to a chain reaction from the attention herbs are getting in the media. St. John's Wort, a recent sales sensation, was the focus of a May 1997 article in *Newsweek* and a positive television report on "20/20" in June 1997.

Streichart believes media coverage, rising health care costs, and the use of herbs as preventative medicine have helped to increase the sales of herbs. She also cites the success of herbs which have broken into the beverage market, such as Arizona Iced Tea with ginseng.

Brooks points out people's frustrations with traditional medicine. "The use of herbs is increasing because people are finding that conventional medicine is not working," says Brooks.

Regardless of the cause, people are noticing herbs.

Rehrig says, "People are going to ask about herbs. You can't just blow it off and say, 'The FDA has not approved it, so stay away from it.' People are going to hear about these things, come in to you as a source of information, and want to know about them."

Zeisloft and Rehrig don't see lack of FDA approval deterring consumers.

"Even though the FDA is not stringently scrutinizing every herb on the market, there is safety," says Zeisloft.

Rehrig says, "I don't see lack of FDA regulation as a reason not to do your own research. I like to give people enough credit that

Dr. Russell M. Hoch Columbia County Chiropractic Center

Individual & Family Health Care

- Headaches • Hip & Leg Pain • Sciatica
- Disc Irritations • Scoliosis • Low Back Pain
- Pinched Nerves • Spinal Disorders
- Head-Neck-Shoulder • Arm Pain

Special Emphasis On Chronic
& Difficult Cases

- Athletic Injuries • Workman's Comp.
- Auto Accidents • Therapies
- Personal Injuries • X-Ray Facilities

Insurance Plans Welcome
Immediate Appointments Available

387-1450

499 West Main St. Bloomsburg

before they start taking something they are going to do research on it."

Both Barrett and Brooks caution against the reliability of herb books.

Brooks says, "Herb books are not always written responsibly or correctly for a person who is not knowledgeable."

This is one reason why consumer research may not be reliable.

"People can't do enough research on herbs by themselves. They need to

go to someone who is knowledgeable and experienced," says Brooks.

It is obvious that herbs are making an impact, but what kind of effect will they have on the future?

"I think that in the future most health professionals will almost be forced to become educated on herbs. The general public seems to be using them more, and we need to know what they are doing," says Garden.

Neither Geisinger nor Bloomsburg hospitals include herbs in their treatment programs. Garden and Seiple agree that they will have to wait for FDA approval of herbs or some standard guidelines about their use.

The FDA, however, does not control if or when herbs will gain its approval.

According to Robert Moore, FDA senior regulatory scientist, in order to gain FDA approval for their medicinal use, herbs would have to be tested as drugs. To be tested as drugs, herbs first need industry or private sponsorship.

For now, the FDA addresses herbs with a more regulatory approach.

"The FDA monitors the market place and tests false or misleading claims case by case, as they are brought to our attention," says Moore.

Response to the medicinal use

of herbs is not often one of immediate acceptance.

"I think some people hesitate to use herbs because there is an element of fear involved in taking responsibility for your own health," says Zimmerman. "It is easier to go to a doctor, get a prescription, and go home and take it. If it works great; but if it doesn't, you can call the doctor or go back and get a prescription for something different."

Brooks agrees. "It's a lot of work," she says, noting "Herbs need to be used correctly. There are no miracles."

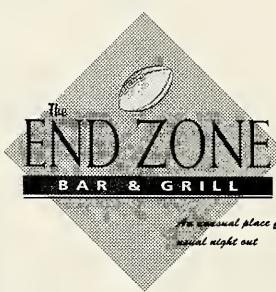
Barrett says that many herbs are not standardized and their claims are unsubstantiated and misleading. Therefore, consumers are not in good positions to know what they are getting.

Zimmerman says, "I feel like part of the reason we have the store is to offer information we have about herbs to help people know that using herbs is an okay thing to do," she says. "I give people information and if they say, 'I wonder what my doctor would think about this,' I tell them to take the information to their doctor."

The increase in the popularity of herbs has forced their medicinal use to become an issue, and from doctors to consumers, their use is a decision people must make on their own. **S**

For more information:

- *The Honest Herbal*
by Vero Tyler, 1993.
- *Herbs of Choice*
by Vero Tyler, 1994.
The Quackwatch home page
<http://www.quackwatch.com>
The American Botanical Council's home page
<http://www.herbgram.org>

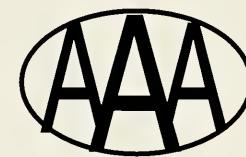


717-784-6155

LOCATED AT



AT BUCKHORN



717-784-5300

LOCATED AT
EXIT 34 OFF
INTERSTATE 80
BLOOMSBURG



Vitamin Sup Medical Miracle

by Lenore Olsen

In any grocery store, pharmacy or health and nutrition store, aisles of fully stocked shelves taunt the consumer with claims of increased energy, better health and longer life. Many brands and varieties of vitamins and minerals promise remedies for every ailment.

The word vitamin shares the same root as vital because each is essential to ensure human growth and health. Today it has become a buzzword, but the vital question is: Is it necessary to take supplements or are we getting enough nutrients in our diet?

The answer depends largely on which expert you ask. There is "evidence" for both cases, and consumers face the challenge of choosing from massive amounts of product claims and information.

Recommended Dietary Allowances (RDA) are the current set of nutritional standards established by the

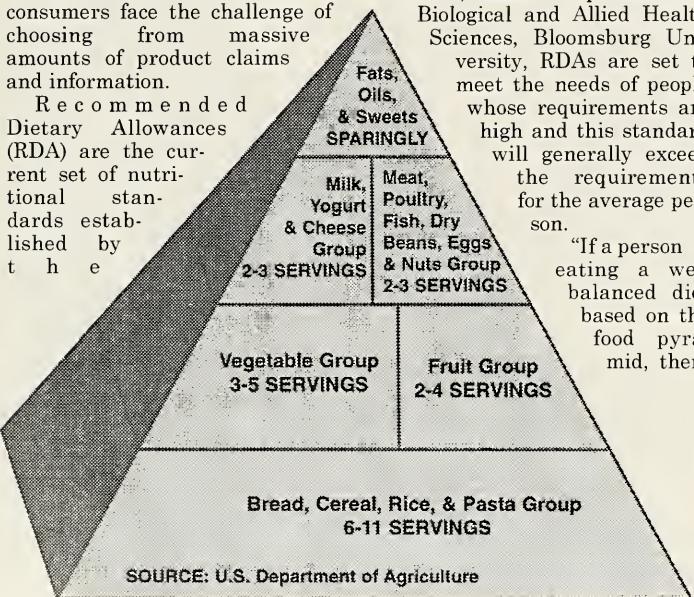
National Research Council's Food and Nutrition Board. RDAs establish the daily amount of each vitamin individuals should get through diet or supplements, according to Sharon Madalis, Registered Dietitian of the Outpatient Nutrition Clinic at Penn State Geisinger Medical Center, Danville.

RDAs are the average daily intakes designed to maintain good nutrition and are considered adequate to meet the needs of most healthy people in the United States.

But even this standard is controversial.

According to Jeanne Lawless, Ph.D., assistant professor of Biological and Allied Health Sciences, Bloomsburg University, RDAs are set to meet the needs of people whose requirements are high and this standard will generally exceed the requirements for the average person.

"If a person is eating a well balanced diet based on the food pyramid, there



SOURCE: U.S. Department of Agriculture

is usually no need for supplementation because the RDA is being met through the intake of the food," says Lawless.

Cynthia Zeisloft, certified nutritional counselor and owner of Vital Life Natural Foods, Bloomsburg, however, says that the RDAs are not an adequate guide for optimal health.

"The RDAs are the minimum amount of the nutrient needed, but that doesn't mean it is the best dose for optimal health," says Zeisloft.

"The RDAs are just enough of the nutrient so that a deficiency will not occur," says Zeisloft. "They do not present doses that could potentially help patients avoid illnesses or chronic diseases such as heart disease, cancer and diabetes."

Professionals disagree about the necessity of taking a vitamin supplement. Lawless and Madalis agree food intake should be examined first in order to get sufficient vitamins and minerals. Supplementation, they say, is not usually recommended for the average healthy citizen.

"As long as you are eating and at least trying to improve your diet, there is really no need to bulk up your diet with all these supplements," says Madalis.

Zeisloft, however, believes that everyone can benefit from taking some vitamin and mineral supplement. She also debates the idea that all of the nutrients we need can be found in our food.

"I really believe that a basic multivitamin and mineral is essential for everyone," says

Spectrum

Implementation: or Market Scam?

Zeisloft. "The public is being led to believe that we can get everything we need from the food we eat. But, if you look at the facts at how many people actually take time to eat right, that is very low."

"Even if we try to eat a balanced diet, foods are now grown on fields that have been depleted of nutrients," says Zeisloft.

Madalis and Lawless agree that if the public take supplements a safe place to start is with a multivitamin with minerals and an antioxidant.

Zeisloft attributes many benefits to vitamin supplementation, for example: a better working immune system; prevention of chronic diseases, such as heart disease, diabetes, and cancer; and fewer illnesses, colds, flus, and sore throats.

Professionals also disagree, however, about the safe dosages. Lawless and Madalis expressed their concerns of taking too much of a vitamin or mineral, a practice known as mega-dosing.

"Because supplements are not regulated through the FDA, the quantities of nutrients may be greater or less than we need," Lawless says.

Medalis gives this advice, "Basically what a consumer should look for is the percentages from the RDA on the labels of the supplement. Usually it will say something that is around 100 percent. We do not recommend that they greatly exceed that 100 percent mark."

"Because the vitamins react with other vitamins and minerals

in the body, there is fear of the interactions that may take place. "We know so little about nutrient to nutrient and nutrient to drug interactions, but we are learning more as the research is being done," says Lawless.

The health risks involved in mega-dosing are greater with fat soluble vitamins as opposed to water-soluble, says Madalis. Examples of fat-soluble vitamins are Vitamins A, D, E, and K. "They tend to be stored in the body for long periods of time, they are the

ones that we are concerned about mega-dosing," says Madalis.

Zeisloft, however believes that these dosages are not directed at the goal of the best possible health. "Many of the products that I carry probably would be considered mega-dosing to a dietitian, but it is a difference in opinion in what is needed for optimal health as opposed to just taking enough to get by," Zeisloft says. "In the 13 years I have been in business I have never seen anyone take a dose that was harmful."

Minuteman Press



PRINTING FOR THE JOB
YOU NEEDED YESTERDAY*

A Full-Service Printing & Color/High-Speed Copy Center

- Color & B&W Printing-Copying
- Laser Typesetting & Layout
- Collating & Binding
- Folding/Numbering/Die Cutting
- Laminating
- Personalized Service

Free Pick-up & Delivery Free Color Inks

1235 New Berwick Hwy
(Route 11 behind the
Bloom Party Center)
Bloomsburg, PA 17815

(717) 389-9910

Main St. Music Center

Guitar/Bass/Drum Lessons
New & Used Equipment

- Lighting Equipment •
- Remo Drums • Washburn •
- Jackson • Takeamine •
- Ovation • Crate • Ampeg •
- Sound Tech •

**204 W. Main St.
Bloomsburg, PA 17815**

(717) 784-4224

Hours: Mon. - Fri. 12-7
Sat. 1-5



VISA

MasterCard

AmEx

Although there is little the two sides agree on, there are some general recommendations that consumers can be aware of. It is important that consumers do their own research to become aware of the positive and negative effects of supplementation.

Zeisloft recommends checking the reputation and quality of the company by seeing if they have research scientists and laboratories where they test their raw materials. Reputable companies should also have an outside group independently test their products, and the results of these studies should be accessible to the consumer. "If a company is giving you a run-around, then the consumer should wonder what that company has to hide," says Zeisloft.

Zeisloft also recommends that consumers buy brands that are members of an organization called Truth in Labeling with National Nutritional Foods Association. These companies are required to have full disclosure of what is in their products, be independently tested by outside sources to assure that if it says, for example, there is 500 mg of Vitamin C in a product, then that is consistent at a random testing, according to Zeisloft.

Penn State Geisinger's Outpatient Nutrition Clinic released a tip sheet on how to select a multivitamin/mineral supplement. Consumers should look for supplements that contain Vitamins A, D, E, C, Folic Acid, B1 (thiamin), B2 (riboflavin), Niacin, B6 and B12, and minerals such as calcium, copper, iron, iodine, magnesium, zinc, selenium, and

chromium. They also say to ignore high doses of B vitamins because these are plentiful in food, and look for a multivitamin that provides Vitamin A as beta-carotene only. Geisinger also recommends that consumers do not take excess iron unless prescribed by a doctor.

Tiny amounts of starch or sugar are acceptable because it helps to disperse nutrients during digestion or absorption. Consumers should also check the expiration date because supplements lose their potency over time. Supplements should also dissolve in vinegar within 30-40 minutes, according to the tip sheet.

Zeisloft also says that consumers should to look for products that are free of common allergens and based on food rather than just extracted supplements that are made from petroleum products.

Throughout there are many opinions and medical research on the value of taking vitamins and mineral supplements. In the final evaluation the consumer must decide on a individual basis.

Research and staying critical of the many companies that sell supplements may help the consumer decide. S

FAMOUS FIRSTS



First Columbia Teller,
circa 1902

The first safety razor was patented by King Camp Gillette in 1901. In 1903 only 51 people bought the new invention; a year later Gillette's persistence paid off as 90,000 Americans had abandoned their "cut-throat" razors for safety razors.

(First Columbia knows a thing or two about persistence and determination. We've been serving Columbia County since 1899.)

FIRST Columbia Bank is your First Choice for friendly and personal banking services and real convenience.

FIRST Choice for automatic 24-hour banking at our 9 MAC locations.

FIRST Choice for one-on-one banking at 7 convenient offices near you.



The First Hometown Bank Member FDIC

Main Office: Downtown Bloomsburg 784-1660
South Market Street, Bloomsburg • Route 11, Scott Township
Main Street, Catawissa • Route 487, Benton
West Front Street, Berwick
Now on Route 42, Nurmida

WW Bridal Boutique

Complete Bridal Services
Proms and Tuxedos also available
Alterations done on premises



7 E. Main St. • Bloomsburg, PA 17815
VICTORIA MILLER • (717) 784-6216
M-Th: 11-6 F: 11-7 Sat: 9-3

Sandy McCormick's
CLEANING & PAINTING
Commercial and Residential

Free Estimates	Fire & Smoke
Sr. Citizen Discount	Damage Insurance
No Job Too Small	Sandy McCormick
(717) 784-6907	RD 8 Box 315-
	Bloomsburg, PA 17815



Central Pennsylvania's most complete Dollhouse Shop

Tues. - Sat. 10 - 4:30 279 Mill Street
Phone: 717-275-6538 Danville, PA 17821

A BASKET IN BLOOM

	Wedding Preferred Client New Home Baby Get Well Birthday Anniversary Sympathy Gourmet Food
Customized Gift Baskets For All Occasions	DEBBIE GUSTAFSON 717-389-9070
555 EAST 7TH ST. BLOOMSBURG, PA. 17815	

WW Bridal Boutique



\$5.00 Off
a purchase w/ coupon

They crushed his skull, tore off parts of his body, and left him writhing in pain.



Photo: Philadelphia Daily News



Photo: Owen Hartford

When it happened to Duke, Pennsylvania was outraged. When it happens to thousands of birds, we should also be outraged.

Why do we, as a society, draw the line of compassion at dogs and cats, when birds and other animals are just as capable of feeling pain?

Nearby Schuylkill County is home to the Hegins pigeon shoot, the world's most disgraceful display of cruelty to animals. Each Labor Day, shooters gun down over 5,000 birds released one at a time from tiny boxes, and then send in young children to clean up their mess. Kids collect crippled birds and rip off their heads, stomp on them, or throw them into barrels to suffocate. Many of the doomed birds, however, remain on the shooting fields for hours or for days in a devastatingly painful death.

If this were a dalmatian shoot, people would be outraged. People should be outraged, because no matter how you feel about pigeons, no living creature deserves to suffer like that. Schuylkill County is setting a horrible example to children and adults everywhere that cruelty is acceptable in our society.

It is no exaggeration to say that Schuylkill County is holding compassionate Pennsylvanians at gun point. Every Labor Day, Pennsylvania becomes the butt of nationwide ridicule because a select few individuals

continue to kill and maim thousands of birds in the name of entertainment.

And because the Hegins pigeon shoot attracts the support of drunk spectators and violence-prone groups such as the Ku Klux Klan, the Pennsylvania State Police have spent nearly half a million dollars patrolling the shoot for the last four years. At a time when Pennsylvania residents are concerned with budget cuts and a failing economy, do you want your tax dollars spent to keep this event alive?

Please contact Governor Tom Ridge and tell him to rid Pennsylvania of its shame and embarrassment — the live pigeon shoots held in Schuylkill County and across the Commonwealth.

**The Honorable Tom Ridge
Governor of Pennsylvania
State Capitol
Harrisburg, PA 17120**

**Phone: 717-787-2500 / 1-800-932-0784
Fax: 717-783-1396**

And please let us know we can count on you.

- Please keep me informed of what I can do to help The Fund's campaign to end pigeon shoots.
 I want to become a member of The Fund for Animals and support the group that is not afraid to fight for the underdog or the underbird. Enclosed is my donation of:

\$20 \$10 \$35 \$50 \$100 Other \$_____

Enclosed is \$2 for my *PENNSYLVANIA'S SHAME: BAN LIVE PIGEON SHOOTS* bumper sticker.

Name _____

Address _____

City _____ State _____ Zip _____



The Fund for Animals

"We speak for those who can't."

Cleveland Amory, President
The Fund for Animals
200 West 57th Street
New York, NY 10019



99

PERCENTERS

Story and photos by Vicki Harrison

With their leather jackets and chaps, tangled hair and wind burnt faces, Melissa and Ken Gardner, Northumberland, stopped in a restaurant for some relaxation and refreshments after traveling a couple hundred miles on their motorcycle. But they soon learned that "their kind" was not welcome. To the Gardners' surprise, they were refused service and asked to leave because they weren't "dressed appropriately," says Mrs. Gardner.

"Everybody was dressed in nice clothing," says Mrs. Gardner, "but that shouldn't have made a difference. Our money is just as good as theirs." The restaurant's management did not see it that way. Instead they judged the Gardners solely on their appearance.

"We were looking rough," admits Mrs. Gardner, "but it was because we were tired, not because we were a bunch of dirt bags."

Mr. Gardner says it was one of the most humiliating experiences of his life. "It's hard to believe that in this day and age you can get discriminated against for your appearance," says Mr. Gardner.

"A lot of people think that

because you're dressed in leather and ride a motorcycle, you're bad news," says Mrs. Gardner.

These misconceptions are something that many bikers deal with when they ride. Arnie Warner, Millville, says he too has

looks on people's faces, you know they're expecting the worst."

Terry Urcie, Unityville, believes these reactions towards bikers come from the widespread problem of labeling in our society.

"The whole society is full of labels, and throughout life you'll be labeled," says Curcie. "People are supposed to be friendly to one another," says Curcie, "but because of the labels imposed on people, certain people are looked at through different eyes."

Bikers are subjected to these labels because of a few notorious groups referred to in biker culture as the "one



One of thousands of bikers at the Vietnam War Memorial

seen people raise their eyebrows at his appearance. "You clad yourself in black leather and a bandanna, and the looks you get are incredible," says Warner, "By the

percenters."

The nickname was derived from a statement once made by a Harley Davidson CEO who said that only one percent of the biker community was occupied by a

criminal element.

"Even in the old days bikers weren't what people thought," says Bill Morris, owner of Bill's Custom Cycle and dealer of Harley-Davidson parts. Those one-percenters engaged in drugs, prostitution, and other criminal activities, gave everyone who rides the "bad guy" label that follows bikers around today.

"Everybody's riding now," says Morris, who has been in the motorcycle business for almost 30 years.

"Ten years ago, it was only the hard core people," says Morris, "but now, people like lawyers and doctors who used to look down on us bikers are riding."

One professional enthused by cycling is Dr. Robert Parrish, Vice-President of Administration at Bloomsburg University, but by choice, he's a biker.

"You have to keep trying and experiencing different things in life to keep finding out if you're still alive," says Parrish. So at the age of 57, Parrish decided "Why not," and bought a Harley.

Once on the back of a motorcycle, Parrish found the zest for life he was searching for. "Instead of being enclosed in a car or van, you're out in the air and part of the environment; not just looking at it," says Parrish.

Curcie agrees that riding a motorcycle is much different and much better than riding in a car. "It's totally different. You're not cooped up in a car," says Curcie, "It's just freedom-- freedom from everything." Warner agrees, "You can get out there and just let the world behind."

Many bikers, like Jim Kidd of Selinsgrove, believe that riding is essential to their lives. "The freedom of the open road is something I need," says Kidd.

"Gliding down the road, leaning in and out of turns, I'm in perfect sync with the machine, the road and everything else around me," says Kidd.

Perhaps, the freedom bikers

feel when riding is the reason they're willing to endure the discrimination they often encounter. However, this passion for riding does more than give them a stiff upper lip. It brings together people from all walks of life.

Parrish found that tradesmen and professionals, with virtually nothing in common, share in the camaraderie of riding. "It's a great leveler. All the societal class stuff just goes away," says Parrish, "You're all just out for the ride."

This camaraderie among riders and their sense of charity leads to the easily forgotten, yet honorable acts performed by bikers. For example, every Christmas season numerous "Toys for Tots" rides take place across the United States. Bikers ride in freezing temperatures to deliver gifts to needy children.

Each May in Danville, bikers show their softer side when they ride for Penn State Geisinger's "Miracle Tour" to raise money for sick children.

"I have a son and I know if he was sick, I'd welcome anyone trying to help him out," says Kidd.

Before the end of May, bikers from across the country ride to the Vietnam Veterans Memorial, "The Wall," Washington D.C.

Warner, who rode to the memorial says the number of bikes there is incredible. "There's nothing but bikes for two and a half to three hours continuously across six lanes of highway," says Warner.

"I'm kind of in awe being around people who gave that kind of sacrifice," says Warner.

Even these acts of generosity and honor have not swayed some people's opinion of bikers, leaving them struggling against prejudice because they look different.

"We're the same," says Mrs. Gardner, "We work for a living, and come home and take care of our families. The only difference is they judge and we don't." **S**

University Store

Did you know about our DISCOUNTS?

Used Textbooks 30%

Education Supplies & Art Supplies 20%

Trade Books 10%

(does not apply to special orders)

Other Services of Interest

Dry Cleaning
Phone Cards

FAX-Send and Receive
UPS-Ship anywhere in USA

Western Union
Gift Certificates
Film Developing
Apple Computers
Money Orders

Store Hours

Monday-Thursday

7:45 a.m.-8 p.m.

Friday

7:45 a.m.-4:30 p.m.

Saturday

11 a.m.-5 p.m.

Sunday

11 a.m.-4 p.m.

REFUND-RETURN POLICY

1. You must have your receipt.
2. Books must be returned within 10 days of purchase.
3. You must have a signed Drop-Add form.
4. Book must be in same condition as when purchased.

The University Store repurchases textbooks adopted for the upcoming semester at 55% of the retail price. Textbooks not needed for inventory may be purchased by Missouri Book Company at the prevailing market price.

Bagels on A new taste

by Eric Talarico

Bloomsburg University junior Ken Griffin goes through his daily routine to prepare for his 8 a.m. finance class. But before Griffin begins crunching numbers he usually makes a stop at Bloomin' Bagels.

Griffin is part of a growing number of people who have taken a liking to the low-fat bagel.

Bagels hold nutritional advantages over other bakery products. A plain bagel contains no cholesterol, two grams of fat, six grams of protein, and 165 calories. A typical doughnut contains four grams of cholesterol, 11 grams of fat, 2.7 grams of protein, and 225-250 calories.

The origin of the bagel is unknown. According to one account, a Jewish baker in Austria created the ring-shaped roll in 1683 to resemble a stirrup as a tribute to Jan Sobieski, the king of Poland. The Austrian word for "stirrup" is "beugel." Another account claims that bagels were designed as edible teething rings for infants in 17th century Poland.

Because of large Jewish populations, urban New York, Detroit, and

Chicago have traditionally been considered the "hot spots" for bagel production. However, the recent surge in bagel popularity is being felt in Columbia County as well.

Bloomin' Bagels, on the corner of Main and Iron streets, Bloomsburg, was opened by Don Harris, 35, in December 1996. Harris says, "It has been nothing but a success ever since."

All of Harris' bagels are made from scratch. The dough is mixed and rolled either by hand or machine. After the bagels rise, they are refrigerated for at least 24

hours. Finally, the bagels are boiled and baked.

"We keep it simple with basic salt, yeast, water, and flour," says Harris. "Some people put extras, such as oils, sugars, and preservatives into their bagels, but we keep it simple, and it seems to be working."

Although bagels are low in fat, many bagel lovers prefer toppings on their bagels that add calories and fat.

The two most popular spreads are cream cheese and lox.

Lox is smoked salmon sliced into thin strips and placed on top of the bagel.

Giant, Bloomsburg, has the largest volume of raw seafood in the

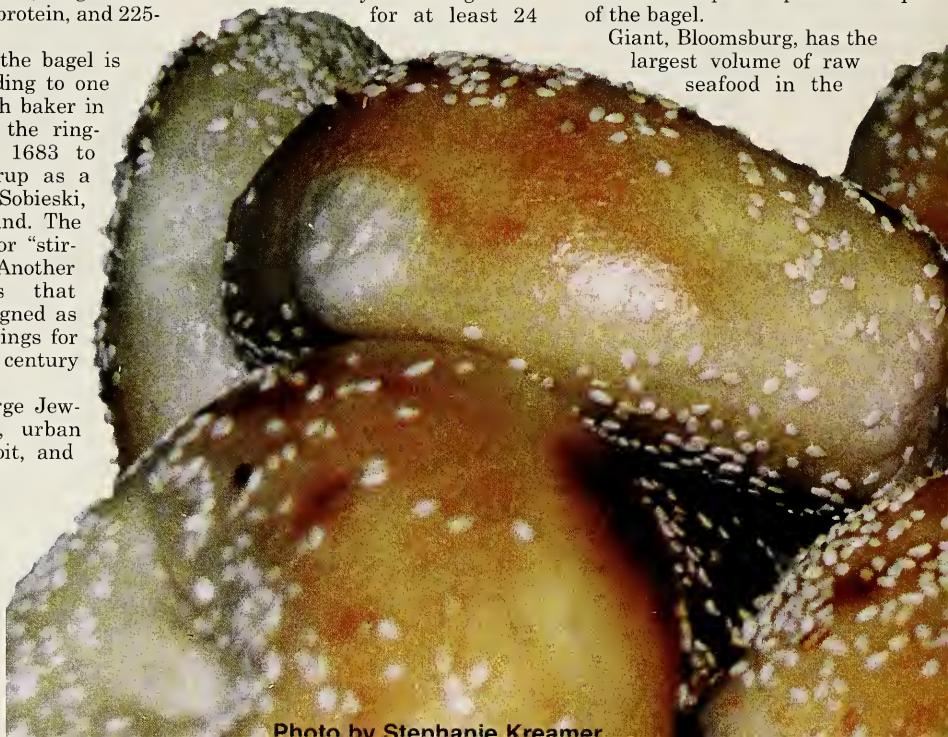


Photo by Stephanie Kreamer

The Rise of Columbia County

area, but the store sells only about 3-1/2 pounds of lox each week.

The majority of lox is sold for use with bagels. However, according to Tom Cesare, seafood manager, not enough people know of the combination. "The use of salmon on bagels is predicated on the Jewish population. I don't think too many people around here are aware salmon is a bagel topping," says Cesare.

At Bloomin' Bagels, the most popular spread is cream cheese.

The store carries eight types of cream cheese; vegetable and scallion are the most common.

Harris opened two other area bagel shops in just a little over a year—Front Street Bagels in Berwick, and Bloomin' Bagels II on Route 11, Bloomsburg.

"I never would've imagined that I'd open two additional shops in just over a year," says Harris.

According to the American Institute of Baking, Americans consumed almost 1 billion bagels last year, and the number is ris-

ing as chains of bagel shops add outlets across the country.

Harris isn't the only one making an impact with bagels in the area.

Dunkin' Donuts stores in Bloomsburg, Danville, and Berwick each produce about 1,500 fresh bagels a week since switching from selling frozen Lender's Bagels in November 1996.

The stores carry a variety of flavors including plain, cinnamon raisin, blueberry,



RETURN TO THE DAYS GONE BY



VISIT ONE OF PENNSYLVANIA'S FIRST RAILROADS

Museum Open All Year
Free Admission
10 Restored Cabooses
Gift Shop

Unique Business Opportunity!



RENT A CABOOSE for

- Mini Office
- Small Retail Outlet
- Gift Shop
- Law Office
- Real Estate Office

WHISTLE STOP FENCE CO.
119 Pine Street
Catawissa, PA

Call for details-356-2675

Or visit our web site at:
<http://trackman.com/webpa>



Don Harris begins baking and boiling bagels at 5 a.m.

poppy seed, and garlic. A fresh batch is baked every hour from 5 a.m. to 5 p.m., says Harris.

A doughnut shop carrying bagels may seem peculiar, but

according to Jim Bower, owner of Danville's Dunkin' Donuts, bagels have increased his store's all-around sales. "Bagels are bringing a wider variety of people to our stores, in turn, increasing the sales of our other products," says Bower.

Giant, on Route 11, Bloomsburg, made the transition five years ago from selling strictly frozen bagels to baking about 200 fresh bagels daily.

The plain variety is the most popular bagel according to John Roeder, bakery manager. In addition to the plain variety, the store bakes flavors such as onion, poppy seed, garlic, and banana nut.

Freshly baked bagels aren't the only bagels sold by Giant. They, like most supermarkets, carry Lender's Bagels, advertised as the "world's number one selling bagels." Lender's makes more than one million bagels daily at its factory in West Haven, Conn.

Whether they're freshly baked or frozen, bagels have made their way to our area and appear to be successful either in a specialty shop, supermarket, or even a doughnut shop. **S**



**Steaks
Chicken
SeaFood
Fantastic Hot Food
Salad Buffet
and Dessert Bar**

Route 42 at I-80
Exit 34

784-7757
All Credit Cards

A Taste of the Tropics

So your summer may not include visiting an exotic tropical island without the children or spending long, lazy days relaxing by the pool. But with the help of a few liquors, some standard fruit juices, a long straw and a lot of imagination, you can enjoy the blistering days of summer heat with cool, refreshing seasonal cocktails.

According to *The Bartender's Bible*, by Gary Regan, what separates tropical drinks from other drinks is their reputation for being exceptional thirst quenchers while having a high alcohol content. Generally, drinks are either light, fruity concoctions with a lot of crushed ice or a stiff combination of shots with a taste worse than penicillin.

Tropical drinks, made with a relaxing blend of liquors and exotic fruits such as coconuts and bananas, are a perfect blend garnished with cherries and pineapple slices. For many people who don't get the chance to take a break from the rigors of work and maintaining the house, a "Lazy Afternoon" has never sounded so appealing.

by Heather Williams



Strawberry Daiquiri

- 2 ounces light rum
- 1/2 ounce Cointreau or triple sec
- 6 over-ripe strawberries
- 1 ounce lime juice
- 1/2 teaspoon superfine sugar
- 1 cup crushed ice

In a blender, combine all of the ingredients with the crushed ice. Blend well. Pour into a Collins glass.

Melon Ball

- 1 ounce melon liqueur
- 1 ounce vodka
- 3 ounces pineapple juice

Pour all of the ingredients into a highball glass almost filled with ice cubes, stir well.

Virtual Sedative

Emmy-winning Dentistry

A reclining chair. A movie on the big screen. A dentist working on your teeth.

This may sound like a dream, but it's a kind of "virtual" reality at the office of Dr. Willard Kile.

The Bloomsburg dentist owns the only virtual technology of its kind in the area. The system, which includes a visor and earphones, simulates the image of an 80-inch television screen in front of the patient's eyes. Videotapes must be used with Kile's machine because it is not connected to cable television.

Kile's office has been using the system for over a year. "Patients think it's fantastic," says Debra Crawford, dental assistant, "They find it very relaxing."

Kile uses the unit in his operating room during long procedures, such as bridge or crown work.

Children like to bring their favorite movies to the office. Adults can also bring in movies from home, or watch something from the office's selection, which includes travel videos to Yosemite, Yellow-stone, the Grand Canyon, and European cities.

"It's great because the headset can stay on during the entire procedure," says Crawford.

The system has a calming effect because it allows the patient to concentrate on something other than what the doctor is doing.

"Patients are always given the option of using it," says Crawford. "Sometimes, patients



are tired and they would rather close their eyes and relax."

The virtual experience may not exactly be an evening at the movies, but Crawford says patients still get the thrill of the big screen.

"People like the big screen effect. It's something they don't have in their homes," says Crawford.

Kile's patients get the comfortable chair, the big screen, and the bonus of dental work—everything but the popcorn.

—KARSON KIESINGER

The Medicine Shoppe®

Brian J. Jaffin, R. Ph.

J. David Ferro, R. Ph.

FREE
DELIVERY

\$5.00 Off

any new or transferred prescription
at the Medicine Shoppe Pharmacy

not valid on third party prescriptions plans

expires 9-30-98

FREE
DELIVERY

50% Off

any Medicine Shoppe brand
non-prescription item at the
Medicine Shoppe Pharmacy

expires 9-30-98

9am-6pm Mon.-Fri.
9am-1pm Sat.

We accept all major third party plans

784-9582

Opportunities in Graduate Studies

Thinking about graduate school? Think about Bloomsburg, where you'll find opportunities for personal and professional growth. Develop your skills. Join peers in innovative discussion. Master technology. Increase your potential for advancement.

Contact **The School of Graduate Studies, 400 East Second Street, Bloomsburg, PA 17815-1301.** Or you can call (717) 389-4015 for additional information. A complete review of graduate programs at Bloomsburg is available on the World Wide Web at <http://www.bloomu.edu>



GRADUATE DEGREE PROGRAMS

Accounting (M.S.)
Art History (M.A.), Art Studio (M.A.)
Audiology (M.S.)
Biology (M.Ed)
Biology (M.S.)
Business Administration (MBA)
Business Education (M.Ed)
Communication (M.A)
Curriculum and Instruction (M.Ed.)
Early Childhood Education (M.S.)
Education of the Deaf/Hard of Hearing (M.S.)
Elementary Education (M.Ed.)
Exercise Science and Adult Fitness (M.S.)
Instructional Technology (M.S.)
Nursing (M.S.N.)
Reading (M.Ed.)
Special Education/Exceptionalities (M.S.)
Speech Pathology (M.S.)
Supervisory Certificate Programs:

- Curriculum and Instruction
- Early Childhood Education
- Elementary Education
- Reading
- School Health Service
- Secondary Education
- Communication
- Foreign Languages
- Mathematics
- Science
- Social Studies
- Special Education

Cooperative Doctoral Program

Bloomsburg
UNIVERSITY

*A Member of Pennsylvania's
State System of Higher Education*

RELAX

and have fun with us



- We're Open Every Day from 10 a.m. until 2 a.m.
- 16 Beers on Draft
- 550 Bottled Beers, the Largest Selection in PA
- Delicious Lunch Menu
- Fine Dining until 10 p.m.
- Soups, Sandwiches and Lots More Available until 1 a.m.
- Award Winning 350 Bottle Wine Cellar
- Smoking or Non-Smoking

Russell's
1000
Club

Enjoy 100 beers from around the world, get a cool T-shirt and become immortalized with your name engraved on a plaque which will live in Russell's forever!

our menus offer something for everyone

At Russell's

- Champagne Chicken with Cashews - boneless breast, lightly breaded and sautéed in champagne, topped with fried cashews - \$13.25
- Seared Sea Scallops with Wild Mushrooms - with our delicious combination of herbs - \$15.75 (Both meals include soup or salad, potato, pasta or rice, vegetable and rolls.)
- Nachos Grande - loaded with cheese, ground beef, black olives, tomatoes, jalapenos & sour cream - \$6.25

We Specialize in Good Times

&

Clancy's

BISTRO



- We're Open Every Day from 5 p.m. until 1 a.m. with Full Menu Available until Midnight.
- Unique Selection of Gourmet Entrees
- Soups, Sandwiches, Crepes, Fresh Pastas and more
- Wide Selection of Fine Cigars
- Private Cigar Room
- 18 Premium Beers on Draft
- Wines by the Glass
- Non-Smoking Dining Available

Cigar Night Every Wednesday

Stop in and enjoy a good smoke!
We have over 50 hand rolled cigars and they're all 25% off.



At Clancy's

- The Palmyer Burger - 10 oz. of ground chuck, served with bacon and the works on a very big roll - \$6.25
- Charlie's Yellow Fin Tuna Club - with arugula, home made mayonnaise and your choice of bread - \$6.95 (w/french fries and cole slaw)
- Penne - pasta with vodka and a spicy tomato cream sauce, sprinkled with pecorina and fresh basil - \$10.95 (w/salad and rolls)

We Specialize in Good Times

Vol. 12, No. 2

Winter 1999 \$1.95

Spectrum

The Magazine for Columbia and Montour Counties



**Community Impact From
the River to the Bay**

**Snowboarder Races
Toward Olympic Games**

INDEPENDENCE AUTO GROUP

FORD - HONDA - TOYOTA



Area's Largest Ford Car & Truck Dealer

Largest Selection Of Pre-Owned Cars, Trucks & Vans

Full Autobody & Collision Repair

Certified Service Department

Authorized Motor Sport Dealer

Area's Authorized Only Dealer



Family ties.



All families share certain qualities that bond them together. And the Honda family is no exception. Every Honda shares the reputation of reliability, quality craftsmanship and value. Not to mention great looks.

You'll spot the Honda characteristics in an instant. In every model, from the versatile Odyssey to the fun del Sol. The practical Civic to the sexy Prelude. The luxurious Accord to the rugged Passport. Just come in for a test-drive. And see for yourself why so many people are proud to join the Honda family.



Huge Inventory Of New & Pre-Owned Toyotas To Choose From

Large In-Stock Inventory Of Genuine Toyota Parts

Saturday Service Hours Available: 8:30 A.M. To Noon

CAR CARE COUPON

PA STATE ONLY
INSPECTION \$9.99
(Pass or Fail) Reg. \$18.00

INDEPENDENCE TOYOTA

AN INDEPENDENCE DEAL DOES MAKE A DIFFERENCE



SALES & SERVICE-PHONE 784-1414
3101 NEW BERWICK HWY., BLOOMSBURG, PA

784-1414
1-800-924-1214
Showroom Hours:
Monday-Friday.....8 a.m. to 8 p.m.
Saturday.....9 a.m. to 3 p.m.



Rt. 11 Bloom-Berwick Hwy.
Bloomsburg

387-5050
1-800-310-6062
Sales Hours:
Monday-Friday.....8 a.m. to 8 p.m.
Saturday.....9 a.m. to 3 p.m.



Rt. 11
4 Miles North Of Berwick
Formerly Kishbaugh Toyota Shickshinny
POWER PLANT
752-6794
1-800-689-9833
Sales Hours:
Monday-Friday.....8:30 a.m. to 8 p.m.
Saturday.....8:30 a.m. to 3 p.m.



SNOWBOARD SHOP

- Ski and Snowboard Rentals
- Wide Variety of Outerwear & Snowboards
- Professional Services Include:
Tuning, Repairs, Stonegrinding, Edging, Waxing
- Beginner Snowboard Package Includes:
Snowboard, Boots, and Bindings for
\$385.00 while supplies last!

Rt. 115, Blakeslee, PA

(1/4 Mile South of I-80, Exit 43)

717-646-4795
www.mikenmatts.com



Contents

Spectrum Magazine

- 6 THE RIVER BETWEEN US**
The effect of local communities on
the Chesapeake Bay
by Karson Kiesinger

- 12 LITTLE GIANTS**
Cole's Hardware and May's Drive-In
showcase family values
by Chris Beck

- 16 A TOUGH MOUNTAIN
TO RIDE**
Young snowboarder pursues a
chilling opportunity
by Lenore Olsen

- 22 UNDESERVED OBLIVION**
The legacy of a local
Indian fighter
by John L. Moore
- 26 STARRY NIGHTS**
A quick guide to the heavens
by John Colt

- 28 PAWS-ITIVELY
PAMPERED**
Man as dog's best friend
by Meranda Balliet

- 30 HOOKED ON A HOBBY**
The art of fly tying
by Eric Talarico



Cover Photo:
Elizabeth DeShong, Joan
Mills, Clarissa Pfleegor, and
Ann Lizardi (left to right)
gather fish from the
Susquehanna River.
Photo by Karson Kiesinger
Design by Stephannie Kreamer

BEHIND THE LINES

With one look at the cover of *Spectrum's* Winter issue you're probably beginning to experience spring fever.

The staff at *Spectrum* decided a Winter issue opening with sunshine is the perfect cure for those winter blues.

Read our cover story to learn how various pollutants in the Susquehanna River affect the Chesapeake Bay.

Also in this issue, find out how family-owned chains are surviving in corporate America. Rediscover a local historical figure whose adventures are too colorful to be limited to highway markers. Explore the galaxy from the comfort of your favorite chair using our basic

star gazing guide. Curl up with your pet when you read our feature about animal lovers who go to great lengths to keep their dogs happy. Find out how you can relax and save money by tying your own flies.

If you're still suffering from cabin fever, check out our centerspread featuring a local snowboarder who is bringing attention to the sport, while training with the hopes of an Olympic opportunity.

The only decision we ask you to make is where to start reading.

And when you're finished reading our stories, please visit our advertisers.

—THE EDITORS

Minuteman Press



A Full-Service Printing
& Color/High-Speed
Copy Center

- Color & B&W Printing-Copying
- Laser Typesetting & Layout
- Collating & Binding
- Folding/Numbering/Die Cutting
- Laminating
- Personalized Service

Free Pick-up & Delivery Free Color Inks

Hours Mon.-Fri. 8:30-5:30



1235 New Berwick Hwy
(Route 11 next to Midas Muffler)
Bloomsburg, PA 17815

(570) 389-9910
Fax (570) 389-9920

Spectrum Magazine

Vol. 12, No. 2

Winter 1999

EDITOR-IN-CHIEF
Walter Brasch

MANAGING EDITOR
Karson Kiesinger

CONTRIBUTING EDITOR
Lenore Olsen

ASSISTANT EDITOR
John Moore

EDITORIAL ASSISTANTS
Meranda Balliet
Chris Beck
Darleen Coles
John Colt
Brooke Seitz
Eric Talarico
Dave Weiss

ART DIRECTOR
Stephanie Kreamer

PROMOTION DIRECTOR
Miki Smith
ASSOCIATE DIRECTOR
Darleen Coles

ADVERTISING/CIRCULATION MANAGER
Jen Neumer
ASSOCIATE MANAGER
Catherine Kelly
BOOKKEEPER
Carissa Foley
PRINTING CONSULTANTS
Dick Shaffer, Jim Sybert

Hall of Fame Magazine
Associated Collegiate Press

Spectrum is published twice a year by the Program in Journalism, Bloomsburg University of Pennsylvania. No portion of Spectrum may be reprinted, including advertising, without permission of Spectrum. © 1999 Spectrum

Bakeless Center 106
Bloomsburg, Pa. 17815
717-389-4825; fax 389-2607

The River Between

The Susquehanna River flows 440 miles from New York, Pennsylvania and Maryland to the Chesapeake Bay, where over half of the freshwater to the nation's largest estuary comes from. From stormwater cleaners to farmland runoff, every community in the Susquehanna watershed affects the Chesapeake Bay.

At Hummels Wharf, on the main branch of the Susquehanna River, Joan Mills, manager of the Susquehanna Watershed Education Program, and Abby James, environmental science student, examine the wildlife of the river.



Text and photos by
Karson Kiesing

in Us

through
it contributes
from household
waste to the Susquehanna River



Over half of Pennsylvania lies within the Chesapeake Bay Basin.

Pulling their canoes ashore, environmental science students heard their teacher, William Bechtel yell, "Boy, I wish I were in fifth period right now!"

"No way!" resounded 20 enthusiastic voices.

For five years, Bechtel, a Selinsgrove Area High School science teacher, has used the main branch of the Susquehanna River as a classroom to teach students about local water quality and its impact on the Chesapeake Bay.

During one week in September, each of Bechtel's five sections of his environmental science course spent a day on the river.

Each day began in Hummels Wharf, where students used various maps to locate Selinsgrove and explain the relationship

between the Susquehanna River and the Chesapeake Bay. Throughout the day, students identified plants growing in and along the river; caught and studied fish; and measured the acidity, dissolved oxygen, phosphorous, and nitrogen levels in the river. The students ended their day by searching for macro invertebrates along the Isle of Que.

"Today's activities put the students in a good learning environment," says Bechtel. "They get to discover things themselves, and that means more than when we sit in the classroom and read."

Bechtel's students participated in the Susquehanna Watershed Education Program, one of the Chesapeake Bay Foundation's environmental education programs.

"The program is important

bloomsburg university *University Store*

Did you know about our DISCOUNTS?

Used Textbooks 30%

Education Supplies & Art Supplies 20%

Trade Books 10%

(does not apply to special orders)

Other Services of Interest

Dry Cleaning
Phone Cards

FAX-Send and Receive
UPS-Ship anywhere in USA

Western Union
Gift Certificates
Film Developing
Apple Computers
Money Orders

Store Hours

Monday-Thursday
7:45 a.m.-8 p.m.

Friday

7:45 a.m.-4:30 p.m.

Saturday

11 a.m.-5 p.m.

Sunday

11 a.m.-4 p.m.

REFUND-RETURN POLICY

1. You must have your receipt.
2. Books must be returned within 10 days of purchase.
3. You must have a signed Drop-Add form.
4. Book must be in same condition as when purchased.

The University Store repurchases textbooks adopted for the upcoming semester at 55% of the retail price. Textbooks not needed for inventory may be purchased by Missouri Book Company at the prevailing market price.

because it gives students hands-on experience," says Joan Mills, program manager. "They are able to see what they talk about in class, to connect to the river, and to see that this is where their water comes from and where it goes."

Although many of the students grew up near the river, assistant program manager, Jeremy Friedman says they saw it differently.

Bechtel's students realized that the water they studied came from towns like Berwick, Bloomsburg and Danville, and will continue to flow to communities such as Port Trevorton, Harrisburg, and even Baltimore. Eventually, the same water they studied will become a habitat for fish, plants, and a variety of wildlife that depend on the bay.

The lesson is not a new one, but it meant more to the students once they saw the vegetation, touched the plants and tested the water themselves.

Tests for levels of nitrogen and phosphorous are important to the health of both the river and the bay. Nitrogen and phosphorous, nutrients that help plants grow, are found in lawn and plant fertilizer and animal waste (including human sewage.) Too many nutrients cause an overgrowth of plants that disrupts the ecological balance needed to support aquatic life. Nitrogen and phosphorous have been targeted for reduction because their presence in the bay is something that can be managed.

Although the Chesapeake Bay Basin spans 64,000 square miles (41 million acres), Pennsylvania contains over one-third of the basin, and the Susquehanna River supplies the bay with 52 percent of its freshwater.

"The Susquehanna River is one of the principle contributors of nitrogen, phosphorous and sediment to the Chesapeake Bay," says Kenn Pattison, hydrogeologist with the Department of Environmental Protection (DEP).

"The river is an important player in the efforts to bring back the bay," says Pattison.

Finding The Sources

Pennsylvania contributes about one-third of the nitrogen and almost one-fifth of the phosphorous entering the bay, according to DEP. Over half of the nitrogen and phosphorous entering the Susquehanna River comes from agricultural runoff.

Agricultural pollution is one type of nonpoint source pollution. It has no directly identifiable source, and can come from virtually anywhere—air pollution, land development, or improper waste disposal.

"Agriculture is considered the most accessible nonpoint pollution source," says Barry Travelpiece of the Chesapeake Bay



COLUMBIA AIRCRAFT SERVICES, INC.

F.A.A. APPROVED REPAIR
STATION NO. JM2R930K

Bloomsburg Municipal Airport
300 East Fort McClure Boulevard
Bloomsburg, PA 17815-9588
717-784-3070

*Lycoming and Continental
Distributor*

Scott L. Smith, President

Program. It's probably the biggest obtainable realistic source that we can do anything with."

The Chesapeake Bay Program was created as part of the 1983 Chesapeake Bay Agreement. This agreement among the Environmental Protection Agency (EPA), Pennsylvania, Maryland, Virginia, and the District of Columbia, was formed in response to the decline of the living resources of the bay. The program was instituted in Columbia County in 1990.

Travelpiece works with local farmers and landowners to control runoff and pollution that affects the river and the bay. He analyzes farmers' operations, identifies potential problems, and makes recommendations to correct them.

Those recommendations may include the construction of a manure storage facility, for which Travelpiece provides designs and technical advice.

Farmers are eligible for financial assistance of up to 80 percent of the cost.

Travelpiece says that education, such as informing farmers of current guidelines, and advising them about timing and field application of manure, is the primary function of the program.

Despite the significant portion of nutrients agricultural runoff contributes to the bay, farmland is important to water quality.

"It's cheaper to maintain water quality in an agricultural system rather than in an urban system, which does more severe damage to water quality," says Bill Dietrich, with the Union County Conservation Office, Lewisburg.

Farmland preservation ensures permanent protection of the agricultural land base through county and state purchases of development rights.

The program began in Union

LIZ'S GARDEN Aromatherapy

(717) 743-0007



WHAT IS AROMATHERAPY?

Aromatherapy is an alternative healing therapy using powerful plant extracts called essential oils.

Liz Pezzuti of Selinsgrove, Certified Aromatherapist, offers Aromatherapy consultations and custom preparations.

Liz also teaches Aromatherapy Classes to groups or organizations.



Special Offer

Clip this coupon to receive
a 10% discount on any
Liz's Garden Aromatherapy
Preparations.

Offer expires 12/31/99

RETURN TO THE DAYS GONE BY



VISIT ONE OF PENNSYLVANIA'S FIRST RAILROADS

Museum Open All Year
Free Admission
10 Restored Cabooses
Gift Shop

Unique Business Opportunity!



RENT A CABOOSE for

- Mini Office
- Small Retail Outlet
- Gift Shop
- Law Office
- Real Estate Office

WHISTLE STOP FENCE CO.

119 Pine Street
Catawissa, PA

Call for details-356-2675

Or visit our web site at:
<http://trackman.com>

County in the early 1990s, and has permanently preserved about 2,400 acres.

Monitoring The Known

Point source pollution comes from a source that can be identified. Factories or waste water treatment facilities can be sites of point source pollution.

Pennsylvania monitors the point source levels of nitrogen and phosphorous, "so we can better evaluate the amount contributed from nonpoint sources," says Dan Alters, DEP's water management program manager.

Nitrogen and phosphorous levels are monitored and reported to DEP quarterly at the Danville Sewage Treatment Plant and the Berwick Waste Water Treatment Facility.

Alessandra Cavalini, superintendent of the Berwick Waste Water Treatment Facility, says that in addition, her facility monitors nitrogen and ammonia levels daily. This determines the strength of the waste running through the plant.

Both Cavalini and Don Shobert, superintendent of the Danville Sewage Treatment Plant, believe there will soon be limits on nitrogen and phosphorous.

Alters says the possibility of limits always exists, but there are no current plans for regulation.

Working Together For The Bay

The 1987 Chesapeake Bay Agreement set a goal to reduce the controllable portion of nitrogen and phosphorous entering the bay by 40 percent by the year 2000.

Pattison, the DEP hydrogeologist, says that in Pennsylvania, a 40 percent reduction of the controllable nitrogen is only a 16 percent reduction of the state's total nitrogen.

However, some people think the possibility of reaching the goal is questionable.

"It's just not practical to make that kind of reduction," says Travelpiece, who is with the Bay Program.

The Chesapeake Bay Program reported that it's on track to meet the baywide goal for phosphorous by the year 2000. But, despite the use of tributary strategies, at the current rate of implementation of reduction strategies, the nitrogen goal would be attained after 2000.

Travelpiece says that although reduction goals may not be met, there have still been improvements.

"The studies on the bay to date pretty well show no change since this program started, but you've got to realize that no change is a gain. Before the program nitrogen and phosphorous levels were progressively climbing," says Travelpiece.

Discussion about changing nutrient reduction strategies is already taking place. Pattison says that

1998-99

Celebrity Artist Series



For ticket information,
call (717) 389-4409

Wednesday, February 3, 7:30 p.m.

London City Opera
Die Fledermaus

Saturday, February 13, 8:00 p.m.

Big Bands '99
The Fabulous Dorseys

Friday, March 26, 8:00 p.m.

Russian National Ballet
Swan Lake

1999
Chamber Series

June 7
Rhythm & Brass

August 5
Jessica Suchy-Pilalis
Harpist

September 2
The Lyric Consort

Bloomsburg
UNIVERSITY

*A Member of Pennsylvania's
State System of Higher Education*

EPA will review the goal over the next two years, and will determine if changes are needed by the end of the year 2000.

"One thing being considered is going beyond a straight number reduction goal across the board for everyone and using a more tributary by tributary basis," says Pattison. "This will help to see what is a reasonable goal for the Susquehanna and for the other tributary rivers."

Progress is being made toward improving water quality of the Susquehanna River. In Columbia County, Travelpiece has seen improvements in farm-land runoff.

"There's definitely been a local impact," says Travelpiece. "I can take you to places that I would not have wanted to live downstream from before we started the program, and now they visibly look much better."

Shobert, who has been superintendent of the Danville Sewage Treatment Plant for 24 years, also knows about the progress that has been made.

"The water quality is getting better," says Shobert. "The improvement comes from environmental groups putting pressure on the government for more regulations, and from operators wanting to do a better job operating their plants."

However, Dietrich, of the Union County Conservation Office, believes that improvement is due in part to the banning of phosphates in detergents, erosion and sedimentation control on construction sites, the treatment of different point source pollution problems, nutrient management, and improved on-lot septic regulations.

However, he warns against relaxing water quality preservation efforts.

"We are not at the point where we can say we're safe. We will always need to maintain water quality," says Dietrich. "Water will become a more limited resource in our lifetime."

In their lifetimes, William Bechtel's environmental science students will experience a greater limitation of this resource.

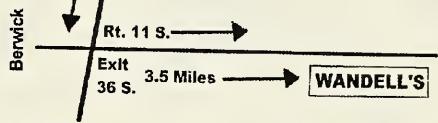
But because they are aware of the impact that their local resource, the Susquehanna River has on the Chesapeake Bay, they will understand the importance of water and their role in its preservation.

"The bay is owned by everyone, but also by the birds, fish, plants and animals," says Jeremy Friedman, of the Susquehanna Watershed Education Program.

Joan Mills, program manager, saw first hand how Bechtel's students were affected.

"We made a lot of connections today," says Mills. "One student touched a fish for the first time, and that was a really big step for her." 

Your way to the **LARGEST**
selection of office furniture
in the area!



**NEW
&
USED**

 **WANDELL'S**
Office Furniture



On Line Catalog
www.wandells.com

Phone: 717-784-3051 Fax: 717-784-1939

1-800-371-FILE (3453)

**3085 New Berwick Highway
Bloomsburg, Pa 17815**

HON MILLER LAZBOY STYLEX RIVERSIDE GLOBAL SAUDER BUSH HALE

NEW <> USED <> REFURBISHED

OFFICE LAYOUT & DESIGN

WE DELIVER & SET UP

DESKS <> CHAIRS <> FILES

**PANEL SYSTEMS <> SAFES <> BOOKCASES
MODULAR FURNITURE <> FIRE FILES**

Little Giants

Small chains do big business

Text and photos by Chris Beck

Bill May and J.H. Cole discovered that it doesn't always take the extraordinary to satisfy customers and keep them coming back.

While most kids his age were out playing with their friends, two-year-old May was learning his family's recipe for success.

Traveling with the circus and local county fairs with his father, Eugene, Bill sat on a ticket box and yelled to children to come see his father's trained white mice. When the children came over to him, so did their parents, and then his father would convince them to

pay to see the show.

Nearly 41 years after opening the first May's Drive-In in Danville, May and seven of his children are still reeling in the customers.

Another local entrepreneur also used family secrets to become a success in the world of business.

J.H. Cole opened the original Cole's Hardware in Danville in the 1880s and operated it for more than 50 years before passing it to his son, William H. Cole, in the 1930s. Brothers William H. Cole III and Greg Cole currently run the business.

Though the two businesses offer completely different products, Cole's and May's have one unique thing in common—longevity.

"Serve the way you like to be served," says Greg Cole, 37, Danville.

A simple motto, but one that Cole's Hardware has relied on for over a century.

About 70 percent of all family-owned companies don't reach the second generation, according to a report published in the *American City Business Journal*.

Cole's and May's are

May says children love feeding the animal head garbage cans.

two of the scarce examples of a successful small chain family business.

What makes this achievement more astonishing and impressive is that legislation of big business often has a negative effect on small business, even putting some out of business. Despite that fact, small business make up nearly 98 percent of all businesses in America.

May says his children keep the family business prospering by offering good service, good food, and a clean place to eat.

"We just make sure that we put out the best product that we can," says May, now 70. "We see the same faces day in and day out, night in and night out."

He used to say he was successful because he kept a nice clean business, kept his prices a bit below the chains, and had a more personal atmosphere.

May can still claim that for the most part, but he can't compete with the fast food value meals and deals available today.

"Nowadays, they're selling quarter-pound hamburgers for 89 cents," says May. "We just can't afford to do that."

What that means for small business owners like May and Cole is they must find a plausible reason for people to choose them over the big chains.

May always tries to accommodate the needs of his customers,



in every way, right down to the size of the toilets.

"We've always had little dinky toilets that you could barely get your behind into," May says with a chuckle. "Now I'm getting nice big toilets."

For Cole, success is defined by convenience to the customers.

"I think convenience is about location, selection to fulfill customer's needs, and being able to make one stop and get what you need," he says. "It's also about speed, accuracy and assistance."

When Cole's first opened, it was primarily farm-oriented, selling seeds, plow sheers, horse collars and other farming needs. After World War II, the emphasis of the business shifted to basic hardware, plumbing and electrical supplies.

When W.H. Cole's son, W.H. Cole Jr., inherited the store in 1962, he built more stores in surrounding towns, citing an increased need for revitalized hardware stores.

Today, Cole's has 10 locations varying in size from 4,000 to 17,500 square feet, and is basically the same as it was in the 1940s, with the addition of paint and paint accessories, housewares, cleaning supplies, and lawn and garden items.

A big chain competitor like Ace Hardware, whose 1997 sales exceeded \$2.9 billion at 5,100 locations in 61 countries, supplies a larger variety of products and services.

In 1994, Cole and his brother took steps to better serve their customers by building a 20,000-foot, pallet-racked warehouse in Danville.

"The idea behind the warehouse was that if there is a product on the market, and we think our customers desire that, we can access it," Cole says.

Starting with what was basically a hot dog stand in Danville,

May bought gas stations and made them into restaurants. May and longtime friend Bob Beyers, Danville, built the restaurants themselves, and when they were done building one, they built another.

While May's Drive-Ins were turning up in Columbia, Northumberland, and Montour counties, May continued his "other" job as a vacuum cleaner salesman for 32 years.

"The only way you got paid was if you sold," he says. "I would go to the restaurant in Lewisburg to work the lunch hour, and then, I'd work all afternoon at my other job. I'd end up in Hughesville where I had another drive-in and I'd work the supper hour there. Gradually, I worked my way home."

Nevertheless, May credits his wife, Sarah, with being "the backbone of the business."

"She knows what work is," he says about his wife of 47 years, who grew up on a farm. "We've always worked side by side."

May and his wife have 10 children. Sarah gave birth to six of them in six years. She often worked right up until she was due, says May.

Six of the children started working for their father at age 16, and now own or manage seven of May's restaurants.

May sold his Lewisburg location, The Fence, and the Hughesville May's Drive-In to his daughter, Debbie. She sold the Hughesville restaurant to her brother, Jeff, who also owns May's Drive-In, Berwick, and is building a sit-down family-style restaurant.

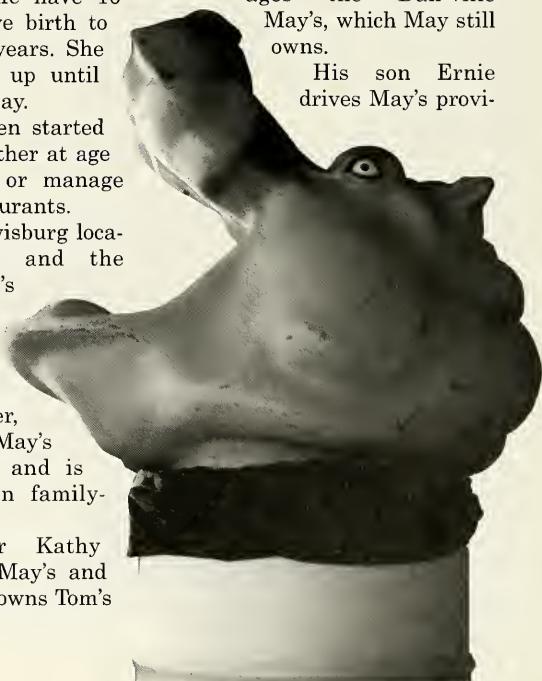
May's daughter Kathy owns the Ashland May's and his daughter Cindy owns Tom's



Bill May has sold his business to his seven children.

Family Restaurant in Catawissa. May's son, Rick, owns Romeo's in Bloomsburg and another son, Bill May II., manages the Danville May's, which May still owns.

His son Ernie drives May's provi-





The Bloomsburg Cole's Hardware is one of a chain of 10 stores. J.H. Cole opened the first store in Danville in the 1880s.

sion truck.

To say it's all in the family would be an understatement. And May has plenty of grandchildren waiting in the wings to continue the family's success. But, he says, it will be up to

them whether or not they want to work in the business.

"I'd certainly hope they would, but they're the things you can't predict," he says. Just like the lasting dynasty J.H. Cole and Bill May created. **S**

Greenwood Friends School Admissions Tours

for prospective families with children in preschool through grade eight

Friday, January 8

Friday, January 29

Saturday, February 6 (9:30-11:30 a.m.)

Thursday, February 25

Friday, March 19

Tuesday, April 13

*All tours are from 9:00-11:00 a.m.

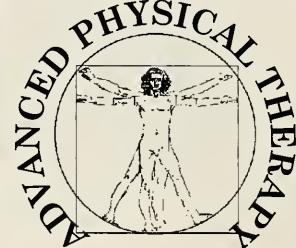
-Educating Hearts and Minds Since 1978-

Greenwood Friends School is located 3.5 miles east of Millville on Rt. 254. Busing is available from seven districts. Accredited by the Penna. Assoc. of Private Academic Schools.

717-458-5532

<http://www.greenwood-friends.org>.

Need-based financial aid is available for families with children in K-8.



Providing the newest, most progressive Physical Therapy in the area for all musculoskeletal and orthopedic injuries:

- **Work Injuries-** treatment for back, neck, and other injuries
- **Sports Medicine-** rehabilitation of the injured athlete
- **Sports Pro Services-** develop sport-specific training programs for athletes

Pre and post surgery rehabilitation programs

Anthony E. Clapps, MSPT

PHYSICAL THERAPIST

1154 Sixth Avenue,
Berwick, PA 18603

752-4005 / 752-2029 fax

-NEXT TO PARAMOUNT FITNESS-
email: advanced@epix.net

*most insurances accepted

Dr. Russell M. Hoch
 Dr. Michael Lipski
Columbia County
Chiropractic Center
 Individual & Family Health Care

- Headaches • Hip & Leg Pain • Sciatica
- Disc Irritations • Scoliosis • Low Back Pain
- Pinched Nerves • Spinal Disorders
- Head-Neck-Shoulder • Arm Pain

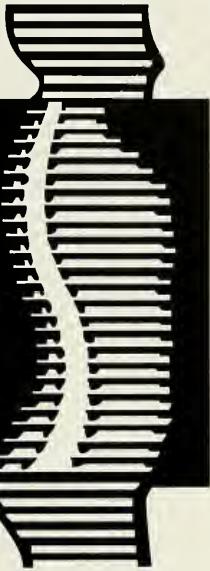
*Special Emphasis On Chronic
 & Difficult Cases*

- Athletic Injuries • Workman's Comp.
- Auto Accidents • Therapies
- Personal Injuries • X-Ray Facilities

Insurance Plans Welcome
 Immediate Appointments Available

387-1450

499 West Main St. Bloomsburg



FAMOUS FIRSTS



*First Columbia Teller,
 circa 1902*

The first safety razor was patented by King Camp Gillette in 1901. In 1903 only 51 people bought the new invention; a year later Gillette's persistence paid off as 90,000 Americans had abandoned their "cut-throat" razors for safety razors.

(First Columbia knows a thing or two about persistence and determination. We've been serving Columbia County since 1899.)

FIRST Columbia Bank is your First Choice for friendly and personal banking services and real convenience.

FIRST Choice for automatic 24-hour banking at our 11 MAC locations.

FIRST Choice for one-on-one banking at 8 convenient offices near you.

100th Anniversary 1899-1999

**FIRST
 COLUMBIA
 BANK & TRUST CO.**

Main Office: Downtown Bloomsburg 784-1660
 South Market Street, Bloomsburg • Route 11, Scott Township
 Main Street, Catawissa • Route 487, Benton
 West Front Street, Berwick
 Route 42, Numinida
 Columbia Mall Drive, Buckhorn

MAGEE'S
 MAIN STREET INN
 BED & BREAKFAST

BED & BREAKFAST

Air Conditioning
 Cable TV

Harry's Grille Restaurant & Lounge
"Closest Facility to Bloomsburg University"

20 W. Main Street, Bloomsburg • All Major Credit Cards Accepted

784-3200

Your address for the finest food in a casual setting!!

Open daily serving the finest sandwiches, salads,
 appetizers, pastas, and complete dinners

In Magee's Main Street Inn

All Major Credit Cards Accepted • For Information or Reservations

784-3500

Look us up on the internet at www.magees.com





STYLING
PHOTOGRAPHY

halfjide

A TOUGH MOUNTAIN TO RIDE

Text and photos by
Lenore Olsen

Although sliding down the side of a mountain on a board attached to the rider's feet may not sound like a good time to some, snowboarding is becoming the fastest growing alpine winter sport. No longer are the ski resorts only for skiers. As snowboarding gains popularity, and the sport gains acceptance, many people, not just the young and dangerous, are strapping on a snowboard.

Michael Brennan, 16, Blakeslee, is one athlete who does not fit the image of the rebellious punk snowboarder. As a national champion in the sport, Brennan takes snowboarding very seriously and is in training with his eyes focused on the Winter Olympics of 2002, scheduled to take place in Salt Lake City, Utah. Brennan knows, however, the mountain he must ride to reach this goal is a long difficult one.

"2002 is awhile away," says Brennan. "For everyone who is serious about the sport, that's the goal. But first things have to come first. I have to focus on doing really well this season."

Last year the world watched as snowboarding claimed a place in sport history in

its first year as an Olympic sport. Many spectators were surprised at the impressive skill level displayed by the athletes, but others were left scratching their heads thinking, "These Olympic athletes don't look like the typical punk kids I would expect to see on a snowboard." Although this image of the snowboarder is persistent in the media, many different types of people find themselves drawn to the sport.

Many spectators picture tricks, flips, and jumps when they think of snowboarding. Few know that racing exists as a sport within snowboarding.

There are four different styles of snowboarding—freestyle, freeride, carving, and racing. Brennan races and displays his talents with speed rather than jumps or tricks.

Freestyle is the most acrobatic with tricks such as flips, grabs, spins, and "catching big air" on the snowboard. Carving is the style where riders concentrate on speed and "carving" clean turns on the edge of their boards. Racers, as the name suggests, is a competitive style in which the rider completes a set course as quickly as possible. Racing is a specialized, competitive form of carving. The most popular

style is freeriding, which combines carving with freestyle. Most riders begin with this style, and many enjoy this style because it allows downhill carving as well as tricks and jumps.

Brennan began snowboarding at age 10, after trying skiing at the encouragement of his parents.

"Before that I didn't really have much to do during the winter," says Brennan, "I spent most of my winters sitting at home watching TV. I saw other people snowboarding while I was skiing, and I decided it looked like fun, and I wanted to try it."

From the time Brennan was young, he has excelled in the sport, claiming two United States Amateur Snowboard Association National Championships.

At age 11, he won the Keystone State Games. The next year, Brennan was the youngest

competitor to qualify for the USASA 1994-1995 Nationals, and at 12 and 13 Brennan was the Overall Alpine Champion in his age group. The following year Brennan qualified for the

Although Brennan is now a competitive racer, he was initially attracted to freestyle snowboarding, which commonly appeals young riders.

"After a couple of months, the novelty wore off, and I tried a race board more by accident than anything else," says Brennan.

When Brennan's father bought a race board for Michael's mother, he assumed it would be easier for her to ride it because she already knew how to ski. For most people, however, a race board is one of the more advanced boards to ride.

"At the time we really didn't know the difference between the boards, and he thought she could ride it, but when she wouldn't I decided to try it," says Brennan.

The two main races available for competition are slalom and giant slalom (GS). Brennan races in both types of competi-

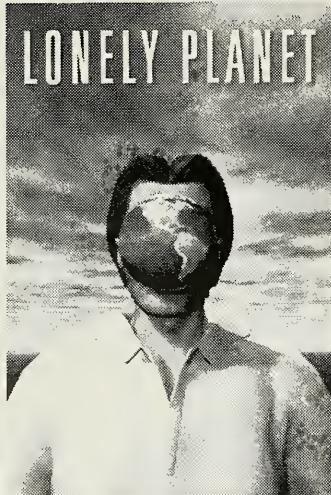


Michael Brennan is currently training for the upcoming season in Waterville Valley, New Hampshire.

competition, but did not attend because it was in California.



Explore the power of friendship in a new play by Steven Dietz
January 27 - February 14, 1999



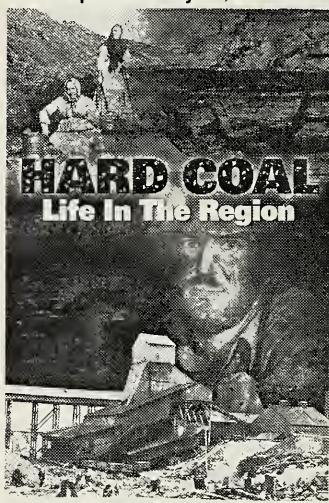
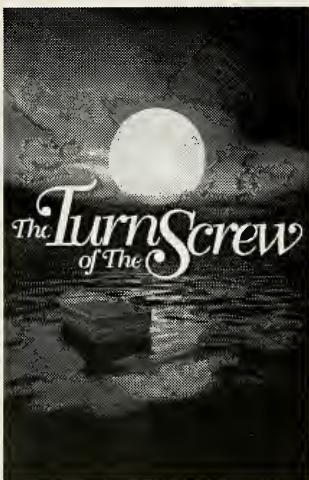
Live, professional theatre since 1978
At the Alvina Krause Theatre, 226 Center Street, Bloomsburg PA 17815

Call 784-8181 or 1-800-282-0283



An original play by BTE's James Goode & Laurie McCants
April 28 - May 23, 1999

Henry James' gothic ghost story adapted by Jeffrey Hatcher
March 10 - April 3, 1999



tions. The snowboard races seen in the last Olympics were GS races. In GS races, the course is designed for bigger turns. These races are faster than slalom races because riders must take the turns at a much larger radius. Slalom races, on the other hand have shorter radius turns.

"The speed you are traveling at isn't as quick in slalom races, but you have to make your turns quicker than in GS races," says Brennan.

Currently Brennan is training with his coach, Bill Enos, of the U.S. Snowboard team, in Waterville Valley, N.H. Brennan trains year-round to ensure that he is in top physical shape for the winter season.

"It's a lot of hard work, and I have some challenges ahead of me," says Brennan. "But the thrill of the sport makes it worth the work I put into it."

Because of the training he has done, Brennan has high hopes for this season and says, "I am in better physical shape than I've been in my past seasons, and that has a lot to do with how well you perform."

Brennan's location here in Pennsylvania has been tremendously helpful to his success as an athlete. It may seem like a disadvantage for Brennan not to be living up North or out West, but the opposite is to be true for Brennan. Because of Brennan's young age, it has been an advantage living near resorts that offer night skiing.

"The resorts in this area have some really good trails and challenging terrain," says Brennan. "But, being able to go snowboarding for a couple hours after school has been the biggest advantage for me. If I lived up North or out West, I couldn't have done that because the resorts don't have night skiing."

Brennan also attributes his success in the sport to the sup-

port and encouragement of his family.

"My parents have been unimaginably supportive, and they've helped me every step of the way," says Brennan. "Everything from getting the right gear and coaching to taking me everywhere I needed to go."

Now, Brennan must confront obstacles of perfecting his technique and eliminating "bad habits." Another obstacle for him is remaining calm in the face of the pressure of the competitions. His struggles with the sport, he admits are far different from that of a beginning rider.

The hardest part to learning to ride as a beginner, according to Brennan, is learning to "use the edges," or in laymen's terms, to turn the board. To snowboard, the rider stands with both feet secured to the snowboard, with one foot in front of the other angled so that the toes are facing one edge of the board and the

as your
neighbor
we will

continue
supporting
our
community

*There's more
to being a bank
than loans,
mutual funds
and interest
rates. There's a
responsibility to
the community.*

PNC BANK
Where Performance Counts.

Member FDIC



Snacks • Ice • Beverages Equipment Sales & Rentals

For All Your Party Needs

Free Local Delivery



Hours: Mon-Thurs. 10-10, Fri. & Sat. 9-11

(Across From Weis Markets)
645 Locust St, Bloomsburg

389-1611



heels are facing the other, similar to the stance taken by skateboarders. Turning the snowboard requires placing pressure on the edge facing the direction the rider wants to go. Learning to maneuver "toeside" and "heelside" turns is the most difficult part of learning, but once these skills are mastered, riders are well on their way to conquering the mountain.

"Once you learn to use your edges, snowboarding gets so much easier that first day out," says Brennan. "After that, it is just a matter of practicing so you feel confident on the board."

Brennan works at perfecting his technique and style, but also fights with the negative perceptions from the public.

"It's a sport," says Brennan. "A lot of people take it seriously and work hard. We're not just a bunch of kids messing around and breaking the rules." **S**



Whole Foods for Healthy Living

• Fresh organic produce year-round

• Hearty soups, chilies & chowders

• Freshly ground nut butters and fruit preserves

• Natural personal care products

• Our own vitamins
and supplements

• Books and housewares
for the creative chef

Walnut Acres Store,
Penn Creek, PA is located
off Rt. 104 between
Middleburg & Mifflinburg.
Store Hours: Monday-
Saturday: 9 a.m.-5 p.m.;
Sunday: 12 noon-5 p.m.,
closed holidays.

Free Production Plant Tours:
Monday-Friday:
9:30 a.m., 11 a.m. and 1 p.m.

For large group
arrangements, special events
information or to receive our
free mail-order catalog call:
1-800-433-3998
Visit our web site:
<http://walnutacres.com>

Bring this coupon to

Walnut Acres Retail Store
and receive a **15% discount**
on your purchases.

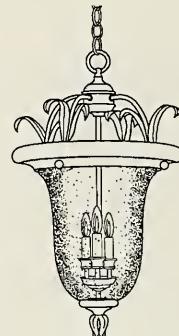
One coupon per family. May not be combined with any other
coupons or specials. No layaways or special orders.

Offer expires 1-31-99



Elegant...

....to contemporary,
you'll find all your
lighting needs
at the area's finest
lighting showroom.



Bloomsburg Electrical Supply, Inc.

1100 Old Berwick Road

Bloomsburg, PA 17815

(717) 784-9488 or (800) 222-9203

Judy Wolf '62,

shares her reasons for remembering her alma mater.

Life has been very good to me. A large measure of this goodness comes from the education I received at Bloomsburg and from my life experiences. I worked until 1965 as an itinerant speech and hearing therapist in Chester County, Pennsylvania and in the East Bay area of San Francisco, California until 1987. Since leaving education, I have been doing income tax preparation and real estate sales and loans, even though I consider myself to be semi-retired.

Now, I have an opportunity to give back to Bloomsburg University – with gratitude – for my good fortune.

When many of us reach our 50's and start thinking about retirement, we don't believe that financially we will be ready. When asked to give money, we often doubt that we can afford to do that either.

The Deferred Gift Annuity Program is a wonderful way to accomplish both. You give Bloomsburg a contribution and, in



return, the University funds an annuity for you (and one other person if you desire), and you can receive a tax deduction for the charitable donation portion of your gift.

As a matter of fact, gift annuities were so appealing to me that I talked to my dad about contributing to Bloomsburg in the form of an annuity. He liked the idea, and signed up right after I did.

This year, with the extra burden of a Roth IRA conversion, charitable giving – through annuities – is a way to reduce or eliminate that tax burden and provide for your retirement at the same time.

If you missed this opportunity for tax and retirement planning in 1998, I ask you to consider it during the 1999 tax year. Measure for measure, annuities are a very good deal for you...and for Bloomsburg University.



Eugene L. Wolf

BLOOMSBURG UNIVERSITY CHARITABLE DEFERRED GIFT ANNUITY PROGRAM

A charitable Deferred Gift Annuity allows alumni and friends of Bloomsburg to make a gift to the university and retain an attractive rate of income for the lives of one or two beneficiaries. Benefits to donors include:

- fixed income for the lives of one or two beneficiaries
- a current income tax deduction
- capital gains tax savings if appreciated property is used to fund the gift
- a portion of the annuity is free of income tax
- low minimum gift of \$10,000 per annuity
- choice of quarterly, semiannual, or annual payments

SAMPLE CHART FOR A \$10,000 ONE-LIFE CHARITABLE DEFERRED GIFT ANNUITY FUNDED AT AGE 55*

YEARS DEFERRED	AGE AT 1ST PAYMENT	RATE	DEDUCTION	ANNUITY
5	60	8.4%	\$4,047	\$840
10	65	11.6%	\$5,020	\$1,160
15	70	16.4%	\$6,000	\$1,640

*Depending on the age at which the annuity is established, fluctuations in the Federal Discount Rate, and tax law at the time annuity payments are made, rates, deductions, and size of annuity payments will vary. Two-life, joint and survivor, deferred gift annuities are also available.

UNDE

Revolutionary War



Re-enactor Doug Keefer portrays the style of dress worn by scouts on the Pennsylvania frontier during the 1700s.

Travelers on highways through Bloomsburg pass historical markers bearing the name, Moses Van Campen, a Revolutionary War soldier whose memory has faded into obscurity.

"Moses Van Campen was the noted Indian scout of this region," reads a sign along Route 487 near Interstate 80. Another marker is located along Route 11 at the southern end of Blooms-

burg. Although many cars pass the signs every day, few motorists ever stop to read them.

According to the markers, in 1778 Van Campen erected a stockade post, Fort Wheeler, along Fishing Creek to protect families living in the area from attacks by the British and their Indian allies. In 1781, after a war party destroyed Fort Jenkins (north of present Bloomsburg), Van Campen fortifi-

fied the McClure farmhouse by erecting a wall of thick logs around it. This fort stood on the bank of the north branch of the Susquehanna River within what is now Bloomsburg.

Born in New Jersey on Jan. 21, 1757, Van Campen was the oldest of the 10 children in a family descended from Dutch colonists who had emigrated from Holland to New Jersey, then part of the New Netherland Colony. He grew up in the Delaware River Valley and came to what is now Columbia County as a young man. When the Revolutionary War erupted, he sided with the Continental Congress, and, as the historical markers note, helped protect the Susquehanna Valley.

Anecdotes from Van Campen's 24-page narrative that the scout-turned-author published anonymously in late 1780, tell how 16 pro-British warriors arrived in the Susquehanna River Valley one cold day in March 1780. They had walked from western New York, where the royal army maintained a garrison at Fort Niagara. They arrived despite a deep snow, and intended to terrorize isolated frontier families living along the north branch. It was what the frontiersmen referred to as "sugaring time"—when the late winter sun was warm enough to draw the sweet sap

SERVED OBLIVION

Text and photos by John L. Moore

Frontier spun yarns about the frontier worth retelling

of the maple trees up and out of the roots and high into the trees. The Indians knew they would find poorly armed settlers who had gone in the woods to make maple sugar.

At Fishing Creek, the Indians took three captives—two men, Peter Pence and Moses Van Campen, and a boy who happened to be Van Campen's nephew. But this didn't satisfy the warriors, who continued lurking about the region for a few days. Eventually, they discovered some sugar works where kettles were boiling in a remote section of the forest, but no people were around. They suspected that the settlers had hidden nearby; to lure them into the open, they called out in a friendly voice. This fooled a man, a woman and a child who naively came out to greet the Indians. The warriors took the man prisoner, but released the mother and child after daubing them with red war paint.

After they captured several other settlers, the Indians moved the prisoners north toward Fort Niagara. They usually marched about 15 miles a day. Taunting the captives, some warriors announced that the prisoners would never reach Fort Niagara, but that their scalps would. When the captives neared the British fort, the warriors warned "they should feel the tomahawk." However, they didn't.

Van Campen's narrative relates how the prisoners eventually turned the tables on the warriors, killed several, and drove off other Indians who fled naked and bleeding through the snow. The Pennsylvanians made their way back to Fishing Creek and amazed their neighbors with tales of how they escaped.

When Van Campen was an old man, one of his grandsons, John N. Hubbard, sat down with him and, writing in long hand, recorded the details of his life on the Pennsylvania frontier. Hubbard published them in a book printed in 1841.

Many of the old man's yarns were colorful accounts of adventures during the Revolution. Told in the first person, they reveal obscure details about frontier life and Van Campen's personality and character.

One evening in June 1778, for instance, a sentinel at Fort Wheeler detected movement in some bushes not far from the cattle yard outside the fort. This happened in the evening "just at the time when the women and girls were milking their cows." As they watched, Van Campen and the sentinel realized a war party was sneaking up on the fort. "There was no time to be lost," Van Campen recalled. "I

immediately selected ten of my sharp shooters and under cover of a rise of ground, crept between them and the milkers. On ascending the hill, we found ourselves within pistol shot of our foes. I fired first and killed the leader. This produced an instant panic and they all flew away like a flock of birds." Van Campen's men fired at the retreating Indians, and the shooting "made the woods echo with the tremendous roar of their rifles."

The volley terrified the women milking the cows. Until they heard the rifle shots, they had been unaware of both the Indians' approach and the settlers' desperate effort to repel them. "They started up upon their feet, screamed aloud and ran with all their might. The milk pails flew in every direction, and the milk was scattered to the winds." The gunshots also panicked the cows, which "leapt the fence and ran off into the woods in every direction with their tails up and bellowing at a most terrible rate."

Some months after the attack on Fort Wheeler, Col. Samuel Hunter, the regional military commander based at Fort Augusta near Sunbury, ordered Van Campen, an officer in the Pennsylvania militia, to capture

some Tories operating from a log cabin deep in the forest.

Hoping to surprise the Tories, the young lieutenant took a patrol of five men and approached the cabin cautiously. But the loyalists spotted the militia and barricaded themselves inside.

The soldiers used an oak log to bash the door down. Van Campen recorded, "The next moment, I dashed in among them. They stood with their rifles loaded and cocked. The first thing that met me was the muzzle of one of their guns, pointing directly into my face. I struck it aside. It went off, the ball passing close to my ear."

He and his companions quickly captured three Tories and carried them off to prison. But the bullet's near-miss nonetheless left a lifelong mark on the scout's face. As he told his grandson many decades later, "The powder, exploding in my face, made it black and bloody upon one side, burned off the hair around my right ear and temple and peppered my face. Many of the grains may be found upon it yet."

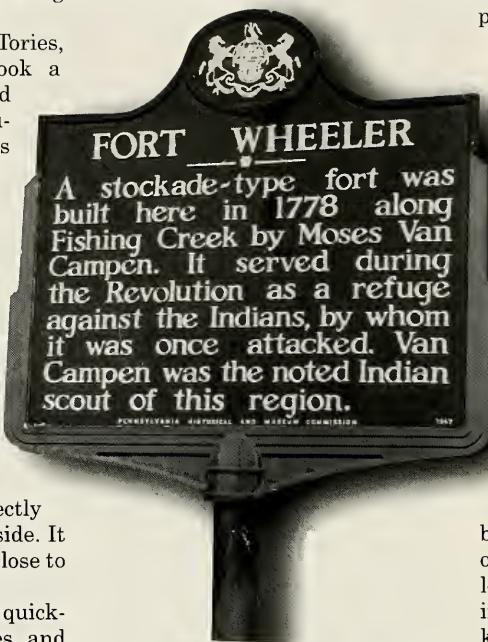
Other stories in his grandson's book reveal details of Van Campen's life in peacetime, and some tell about his life on a frontier farm. As a boy, long before he came to the Fishing Creek settlements, Van Campen had

this field and drive off the pigeons."

The boy took on the task enthusiastically. When the birds landed in one part of the field and began picking at the wheat seeds, the youngster, waving his arms and shouting, ran after them to chase them away. This proved futile. "My efforts to frighten them seemed to have little or no effect," Van Campen said. "As often as I started them up from one side of the field, they would fly a little distance and light down upon the other."

Exasperated, "I remembered my father's gun, a famous old fowling piece five or six feet long which hung up in the house in a place where it was always kept loaded with a good round charge of powder and pigeon shot," he recalled.

The lad raced to the house, climbed a chair and took the flintlock musket off the wall. He hadn't fired a gun before. Nonetheless, he marched off to do battle with the birds. They were oblivious to the youngster's return. "I crept up carefully to the fence, and, putting the trusty old piece between the rails, I fired away at them bravely." The shot killed many pigeons, but also injured the boy. "I had seen my father take sight when he shot, and, meaning to do as he did, I put my face down close to the piece, just back of



tended many chores on his family's farm, a homestead along the Delaware River. As grandfather later recounted to grandson, one sunny September afternoon in the late 1760s, Van Campen's parents went away for the day "and left me at home to watch a field of wheat."

This was an important responsibility for a boy of about 11. Earlier in the week, his father had plowed and sown a crop of winter wheat. The seeds hadn't yet sprouted, and this had caught the attention of huge flocks of hungry birds that roosted in the neighborhood.

"My business was to watch

BEITER'S DEPARTMENT STORE

The Premier Craft Shop of the Susquehanna Valley & Danville's Complete Variety Store

Best Selection of Craft & Hobby Supplies in the Susquehanna Valley. Special Orders Welcome.

We ship UPS to out of area customers.

255 Mill St., Danville, PA 17821

275-0273

That Bookstore in Danville

Fulfilling All Your Reading Needs • Special Orders Welcome
Hours: Mon-Wed. & Sat. 9:30-6:30 • Thur. & Fri. 9:30-9:00

Jacquelynn A. Hanna

316 Mill Street, Suite One • Danville, PA 17821

(717) 275-6888 • Fax: (717) 275-6977

Website: <http://members.aol.com/tbidbook>

e-mail: TBIBook@aol.com

the lock," Van Campen said. "When I fired, it flew back, knocked me over and raked my nose from end to end."

As he awaited his parents' return, the boy knew they would be displeased. He also realized he couldn't hide what had happened. As it turned out, a whipping awaited young Moses when his father Cornelius returned.

The markers around Bloomsburg may rescue the name of Moses Van Campen from obscurity, but they hardly hint at the drama that characterized the frontiersman's life. Van Campen warrants a highway marker all of his own: "Frontiersman and Indian fighter, Moses Van Campen helped tame the Pennsylvania forests and lived to write about it. The Revolutionary War hero was a scout, hunter, patriot and author who defended the Fishing Creek valley. He died in 1849." S

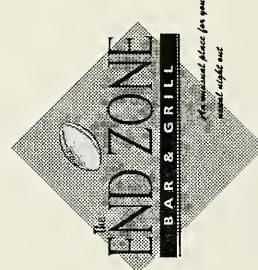


*Steaks
Chicken
SeaFood*
**Fantastic Hot Food
Salad Buffet
and Dessert Bar**

Route 42 at I-80
Exit 34

784-7757
All Credit Cards

Mon-Friday
5pm-Midnight
Saturday & Sunday
Noon-Midnight

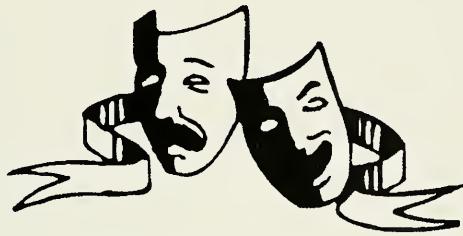


located
on Route 42n
at Exit 34
off Interstate 80



The Costume Shop

Fantasies by Rebecca



Rebecca Ermisch
Designer

55 East Main Street
Bloomsburg, PA 17815
(717)-784-4436

The Inn at /
BUCKHORN

(717) 784-5300

Ursa Major

"Big Bear," Big Dipper

Looking in the northwestern part of the sky, the Big Dipper, composed of seven stars, appears low to the horizon. There are four stars that make up the cup section and three in the handle.



Ursa Minor

"Little Bear," Little Dipper

The Little Dipper is located by drawing a straight line between the two stars at the end of the Big Dipper's cup and then extending it in a southerly direction. The bright star your imaginary line crosses is Polaris, or the North Star. The rest of the constellation curves slightly down towards the horizon, completing the spoon shape.



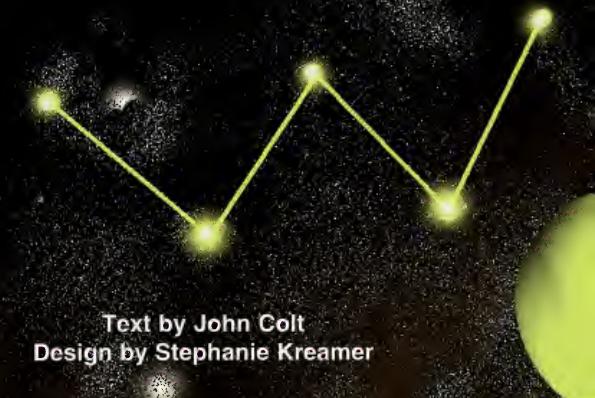
Orion, the Hunter

Orion is located far to the east and to the south of the Big Dipper. The most noticeable part of this constellation is Orion's belt. These three stars, along with the four stars that make up his feet and shoulders, are what you'll usually see when looking for Orion. On a clear night, looking from a dark spot, you may see the other four stars that make up his body and the four that between his shoulders, about where the base of his neck would be. The other three stars extend up from his right shoulder to form an upraised arm. Straight out from his left shoulder is a fairly bright star. This star and the stars above and below, complete the constellation, forming his bow.



Cassiopeia, the Queen

By drawing an imaginary line south from Polaris, you find Cassiopeia. It's made up of five stars, beginning with the one your imaginary line crossed, and extending to the east in a "W" shape.



Text by John Colt
Design by Stephanie Kreamer



Paws-itively Pampered

Text and photos by
Meranda Balliet

When Bruce and Sharon Rea married, Sharon's best man, Malone, stood by her side. It may seem peculiar that Sharon had a best man, but what is even more unusual is that Malone walked down the aisle on four legs. At the time of the wedding, Malone was a four-year-old Golden Retriever.

Just like Rea, many people go out of their way to make their dogs feel like part of their family. To many dog owners, having a pet means the same responsibilities as having a child. No meal is left unprepared, no safety precaution is left unnoticed and most importantly, no pet is ever left unloved.

Like children do for parents, pets bring a sense of pleasure and happiness to their owners' lives, but they can also cause an enormous amount of mischief.

Mike Bankert, a former resident of Bloomsburg, had just the cure for his lonely German Shepherd pup, Jake. "He listens to classical music while we're gone or he'll howl all day," says Bankert. He and his wife also call long distance to leave messages on the answering machine just so Jake can hear their voices.

Sherry Carpenter, Bloomsburg, columnist for *Dog World Magazine*, says people do these things for their pets because they know their pets are upset.

"People have to realize that

animals have feelings too," she says.

Although these frisky pups sometimes cause havoc, most pet owners go to great lengths to make sure their pets are satisfied. Oliver, Rae's three year-old Golden Retriever and a three-year old Golden Retriever, has a tendency to hide his master's shoe.

"He just takes one shoe so I don't go anywhere without him," says Rea. "He knows that I have to take him with me in order to get my one shoe back." However, Rae enjoys her dogs' company while traveling. She even traded her classic 1981 Porsche for a mini-van so the dogs could both ride comfortably.

Rea and her husband put a

27-foot round swimming pool in the back yard to keep Oliver and Malone content on warm summer days. They even constructed a cargo net ramp to help the dogs get in and out.

"When I dive into the pool, the dogs jump in after me because they think I'm going to drown," says Rea.

Just as parents send children to school, Carpenter does the same for her dogs, enrolling Cooper and Cagney, her two English Springer Spaniels, in puppy kindergarten in Turbotville.

"Here your puppy will learn agility and obedience," explains Carpenter. Unlike kindergarten for humans, these classes have no time restraints. Dogs may stay as long as they need.

When it comes to food, some dog owners cook up the extraordinary for their pets. Entrees such as "Mighty Muscle Woofburger," "Canine Bouillon," "Kennel Kedgeree" and other creations can be found in the *Happy Dog Cookbook*, by Roy

Ald. Some people even go as far as making homemade dog biscuits in the bread machine.

Sandra Hauck, Milton, prepares a cooked meal for her Dalmatian, Heidi, almost every night. Annette Lupold, an employee at The Fence Drive-In Restaurant, Lewisburg, was surprised to see people come to The Fence and order whole chicken meals for their dogs, and even take the chicken off the bone for them. A favorite dessert includes "Frosty Paws," an ice cream treat for dogs that can be found at supermarkets.

Pet owners do so much for their dogs because of their need to nurture, "It's a Human/Animal bond," says Carpenter. Considering how much people do for their dogs, they don't expect much in return except for unconditional love and loyalty, which is invariably obtained. In some cases, a



Cooper, an English Springer Spaniel, showers Sherry Carpenter with kisses.

form of appreciation is shown.

"Best man" Malone was trained as a puppy to sit and wait outside the bathroom door while his owner took a shower.

When she finished, Malone picked up the bath towel, dragged it down the stairs, put it in the washing machine, and picked up a dog treat. When Malone grew older, he trained the new puppy, Oliver, to do the same thing, but the bath towels were too big for such a small puppy. So Malone took this job and Oliver took only the lighter pieces of laundry. Today at age 10, Malone is slower and weaker than he used to be, but he still carries the heavy towels down two flights of stairs, while Oliver at a solid 123 pounds still takes the little pieces. **S**



Oliver, a three-year old Golden Retriever, does his share of the laundry.

Hooked on a Hobby

Fly tying lures local anglers

by Eric Talarico

When Walter Colley died in 1978, he left his grandson with more than just his old fly tying equipment. He left him with the tools that would allow Dave Colley to embark on a hobby which has become popular not only worldwide, but also here in Columbia and Montour counties.

"Fly tying is more popular among those who have been around the sport, and this area has a good share of experienced fly fisherman," says Dave Colley, 35, of Benton.

Tying flies begins with purchasing the proper equipment. This includes a vice, which enables the individual to stabilize the hook while working with it. Also required are scissors, special pliers, thread, glue, head cement, and a bobbin. These materials can be purchased individually or in kits, which range in price from \$90 to \$120.

Although most beginner-level fly fisherman will find it difficult to tie their own flies, learning this skill can save money for anglers. Individual flies cost anywhere from \$1.50 to \$2.50. In contrast, a person could tie 20 to 40 flies with a single bag of feathers, that can be purchased



Dave Paden of Fishing Creek Outfitters prepares an Adams grey fly.

at a cost ranging from \$2 to \$16.

"It's very cost beneficial to tie your own flies as opposed to buying them individually, but it's not something you can quickly learn; it takes time," says Colley.

Tying flies can be not only cost beneficial, but it can also provide anglers with a great sense of satisfaction when they land a fish on an artificial lure they have made. This is especially

the case for the Rev. Michael Boggs, of Bloomsburg, who enjoys tying flies and putting them to use when he's not serving the people of Grace Lutheran Church.

"Tying gives me the opportunity to set aside any distractions and focus on the task at hand. It's really relaxing," says Boggs, 49.

Boggs began tying flies just over ten years ago and ties a couple dozen per sitting, usually several times a month.

"It's a great feeling knowing that you were able to personally create a fly similar enough to a real one that a fish would feed on it," says Boggs.

For many, fly tying is something to do in their spare time. But for Colley the skill he once learned from his grandfather has become a way of life. Colley owns Fishing Creek Outfitters, a nationally known fly fishing store located in Benton.

"The store gives me the opportunity to be around the hobby I love everyday. It also gives other anglers a place to build upon their fly fishing interests," says Colley. **S**

"It's extremely cost beneficial to tie your own flies as opposed to buying them individually, but it's not something you can quickly learn."—Dave Colley

BLOOMSBURG

University



One great choice...many great reasons

Bloomsburg University of Pennsylvania • State System of Higher Education • (717) 389-4316 • <http://www.bloomu.edu>



RELAX

and have fun with us



- We're Open Every Day from 10 a.m. until 2 a.m.
- 16 Beers on Draft
- 550 Bottled Beers, the Largest Selection in PA
- Delicious Lunch Menu
- Fine Dining until 10 p.m.
- Soups, Sandwiches and Lots More Available until 1 a.m.
- Award Winning 350 Bottle Wine Cellar
- Smoking or Non-Smoking

Russell's

Enjoy 100 beers from around the world, get a cool T-shirt and become immortalized with your name engraved on a plaque which will live in Russell's forever!

Club

At Russell's

Champagne Chicken with Cashews - boneless breast, lightly breaded and sautéed in champagne, topped with fried cashews - \$13.25

Seared Sea Scallops with Wild Mushrooms - with our delicious combination of herbs - \$15.75 (Both meals include soup or salad, potato, pasta or rice, vegetable and rolls.)

Nachos Grande - loaded with cheese, ground beef, black olives, tomatoes, jalapenos & sour cream - \$6.25

We Specialize



Clancy's

BISTRO



- We're Open Every Day from 5 p.m. until 1 a.m. with Full Menu Available until Midnight.
- Unique Selection of Gourmet Entrees
- Soups, Sandwiches, Crepes, Fresh Pastas and more
- Wide Selection of Fine Cigars
- Private Cigar Room
- 18 Premium Beers on Draft
- Wines by the Glass
- Non-Smoking Dining Available

Cigar Night Every Wednesday

Stop in and enjoy a good smoke!
We have over 50 hand rolled cigars and
they're all 25% off.



our menus offer something for everyone

At Clancy's

The Palmer Burger - 10 oz. of ground chuck, served with bacon and the works on a very big roll - \$6.25

Charlie's Yellow Fin Tuna Club - with arugula, home made mayonnaise and your choice of bread - \$6.95 (w/french fries and cole slaw)

Penne - pasta with vodka and a spicy tomato cream sauce, sprinkled with pecorino and fresh basil - \$10.95 (w/salad and rolls)

in Good Times